



Contact: James M. Goss
Phone: (910) 457-3900

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Dosher Foundation heart event raises \$10K

SOUTHPORT—The “Heart to Heart” program by Doshier Memorial Hospital Foundation earlier this month drew a sell-out crowd of 160 guests and raised more than \$10,000 for cardiac rehabilitation and heart health programs at the hospital.

Organizers also recognized four women in the community who take great care of themselves and influence others to live heart-healthy lifestyles. They were: Linda Elvington, who has encouraged more than 10,000 Duke Energy employees to exercise and eat right, and who “hits the gym” on a regular basis; Verda Darrell, who takes 16,000 to 25,000 steps every day; Nellie King, who walks 10,000 steps each day; and Gerri Sovak, who kick boxes at age 80. The Foundation recognized Elvington, an employee of Duke Energy, as the woman in the community who has done the most to fight heart disease.

Speakers at the program were cardiac rehab patient Holly Powell; cardiologist Cyril Abrams, MD, Wilmington Health; chef Karen Taylor, Taylor’s Cuisine; and floral artist Robin Weir, Wild by Nature.

For information on all Doshier Foundation programs, call (910) 457-3850 or click on Doshier.org/foundation.

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(Editor’s note: See photo and caption on page 2.)



Linda Elvington (center) is congratulated by Doshier Foundation Board Member Beth Nelson (left), and Foundation Board Chair Barbara Boland.