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### **Dosher Foundation sets women's heart health event**

SOUTHPORT—The fifth annual Heart to Heart women's heart health program is set for Thursday, February 7, 5 p.m. at St. James Community Center. The program includes heart health education, inspiring words from a heart patient/survivor, and tips for eating healthy. Tickets are \$25 and sponsorships are available from \$100 to \$1,000. Proceeds benefit cardiac rehabilitation services at Doshier Memorial Hospital.

Attendees are encouraged to support the "Give Healthy" campaign of Brunswick Wellness Coalition by bringing fresh fruits and vegetables, low-sodium canned soups and beans, whole grain or whole wheat pastas/rice that evening. The donated healthy food items will be divided among local food pantries in Brunswick County.

For more information on Heart to Heart, call Doshier Memorial Hospital Foundation at 910-457-3850. For more information on the healthy food drive, call Brunswick Wellness Coalition at 910-444-1872.

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