

**For immediate release**

## **Dosher Kicks off 2019- 2020 Guest Chef Series**

SOUTHPORT—Dosher Memorial Hospital's Guest Chef Program is the perfect venue for individuals to experience live, healthy cooking demonstrations performed by talented local chefs. Dosher kicked off their 2019 – 2020 series on September 10<sup>th</sup> where Dosher's Dietary Manager Lisa Botnick taught attendees how to create healthier variations of a few classic fall recipes without sacrificing taste.

The program is organized by Vicki Allen, Dosher's Director of Outpatient Diabetes Education and Weight Management and takes place the second Tuesday of every month (except for November, when the program will be held on Wednesday the 13<sup>th</sup>), in the second floor conference room at the hospital, 924 N. Howe St., Southport. Check the calendar at [Dosher.org](http://Dosher.org) for a full list of upcoming dates.

The program is free, but guests must reserve a seat by calling 910-454-4731.

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**Dosher Dietary Manager Lisa Botnick demonstrates healthier variations of classic fall recipes at the first Guest Chef program of the 2019 – 2020 series.**