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### **Dosher adds healthy cooking demo in May**

SOUTHPORT—Farm to Fork is the subject of a healthy cooking demonstration at Dosher Memorial Hospital on Tuesday, May 22, 6 p.m. Dosher Chef Lisa Botnick, formerly of Baked With Love, will show guests how to use seasonal fresh produce to maximize taste and health benefits.

The program organized by Dosher Diabetes/Weight Management and Cardiac Rehabilitation departments is free, but guests must call to reserve a seat at 910-454-4731.

Read about all Dosher programs at [Dosher.org/Calendar](http://Dosher.org/Calendar).

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