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Doshier adds 2nd date for guest chef program

SOUTHPORT—Thanks to public demand, Doshier Memorial Hospital is adding a second Guest Chef healthy cooking demonstration this month. It is set for Thursday, Nov. 30, 6-7 p.m., second floor conference room at the hospital, 924 N. Howe St., Southport.

Guest chef Dustin Garrett from Oliver's on the Cape Fear, Southport, will be preparing a second meal focused on weight management and heart healthy cuisine. The program is free, but guests must reserve a seat by calling 910-454-4731.

Organized by Doshier Dietetic Services and Cardiac Rehabilitation departments, additional guest chef cooking demonstrations at Doshier are planned for Heart Month in February and other dates. Read more about them at Doshier.org.

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