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### **Dosher family medicine doc talk, other community lectures set**

SOUTHPORT—Dosher Memorial Hospital is conducting several free, health-related programs this fall:

1. Wednesday, October 19, 9:30 a.m. – Doshers President & CEO Tom Siemers speaks at Brunswick Newcomers Club about the new Doshers Wellness Center. Location: Trinity Methodist Church, 209 E. Nash St., Southport. For more information, call Newcomers at 336-250-9464.

2. Friday, October 21, 4:30 p.m. – Breast self exam session sponsored by Doshers Memorial Hospital Foundation. Location: Brunswick Senior Resource Center, 1513 N. Howe Street, Southport. Register by calling 910-457-3850, or emailing [lyndastanley@doshers.org](mailto:lyndastanley@doshers.org).

3. Tuesday, November 1, 6-7:30 p.m. – “Effective weight loss/weight management” seminar with cooking demonstration by registered dietitian and certified diabetes educator Vicki Allen and Doshers chef Kathy Seagraves. Location: 2<sup>nd</sup> floor conference room at the hospital, 924 N. Howe St., Southport. Reserve a seat by calling 910-454-4731.

4. Thursday, November 3, 6:30 p.m. – Board-certified family medicine physicians Drs. Kristos and Leigh Vaughan discuss preventative medicine for all ages. Location: Doshers Wellness Center, 3009 Medical Plaza Lane, Southport. Reserve a seat by calling 910-454-1234.

5. Thursday, November 10, 6:30 p.m. – Board-certified adult nurse practitioner Sally Delmastro, Doshers Wound Care Center, presents diabetic control and complications. Location: 2<sup>nd</sup> floor conference room at the hospital. Reserve a seat by calling 910-454-1192.

Additional community lectures are planned. Read more about them at [www.Doshers.org/Calendar](http://www.Doshers.org/Calendar).

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