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Dosher launches guest chef program; Oliver's is first restaurant partner

SOUTHPORT—For Diabetes Awareness Month in November, Doshier Memorial Hospital is starting a “Guest Chef” program. The first cooking demonstration class emphasizing weight management and heart healthy cuisine is set for Tuesday, November 14, 6-7 p.m., second floor conference room at the hospital, 924 N. Howe St., Southport.

The first guest chef will be Dustin Garrett from Oliver's on the Cape Fear, Southport. The program is free, but guests must reserve a seat by calling 910-454-4731.

The guest chef program was developed by Doshier Dietetic Services and Cardiac Rehabilitation departments.

“Many of our cardiac rehab, diabetes education and weight management patients have expressed an interest in receiving education on healthy cooking techniques,” Vicki Allen, director, Doshier Dietetic Services, Diabetes and Weight Management, says.

“Patients also told us they wanted to learn about local restaurants that offer heart healthy and diabetes-friendly menu items. This program puts it all together,” Natalie Swiger, manager, Cardiac Rehabilitation, says.

The education session features a demonstration kitchen purchased through grants from the Ocean Isle Sunset Beach Lions Clubs and Doshier Memorial Hospital Foundation.

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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