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**Dosher resets women's health tea; announces guest chef lectures,  
other community events**

SOUTHPORT—A women's health forum afternoon tea party is scheduled for Tuesday, January 22, 4-5 p.m., at the second floor conference room at the hospital. Presenters include Vicki Allen, director of Diabetes Education and Weight Management, Sally Delmastro, adult nurse practitioner, and Natalie Swiger, manager of Cardiac Rehabilitation and Nursing Education. The program replaces one canceled because of Hurricane Florence. There is no charge, but reservations are required to reserve a seat, 910-454-4731.

On Tuesday, February 12, 6 p.m. Doshier holds a healthy cooking demonstration by Austin Alfonzo, owner, Kai Joes and Café Koa, at the second floor conference room at the hospital. Free. Guests may reserve a seat by calling 910-454-4731.

Additional guest chef lectures are planned on March 12, April 9 and May 14.

On Thursday, March 7, 4-7 p.m. Doshier is a sponsor of the Southport-Oak Island Area Chamber of Commerce Coastal Consumer Showcase at St. James Community Center. For information on this free event, contact the Chamber at 910-457-6964.

On Thursday, April 4, 9 a.m.-1 p.m. Doshier holds its semiannual Operation Medicine Cabinet. Area residents can drive by the front entrance of the hospital and drop off expired prescriptions and other unwanted medications.

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

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