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Guest chef demos set for three Doshier dates this winter

SOUTHPORT—After 55 people attended the first two guest chef healthy cooking demonstrations at Doshier Memorial Hospital in November, the hospital has announced three new dates for 2018:

- Thursday, Jan. 11 and Tuesday, Jan. 30 - Lose the weight not the taste when cooking lite.
- Tuesday, Feb. 13 - Heart healthy cuisine.

Each of these educational sessions is set for 6-7 p.m. at the second floor conference room at the hospital, 924 N. Howe St., Southport. They will be presented by Chef Dustin Garrett of Oliver's on the Cape Fear. The programs are free, but guests must reserve a seat by calling 910-454-4731.

The healthy cooking demos are organized by Doshier Dietetic Services and Cardiac Rehabilitation departments.

Read more about Doshier health and wellness services at Doshier.org.

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Chef Dustin Garrett, Oliver's on the Cape Fear, shows guests how to make a gluten-free crab and corn chowder at a healthy cooking demo at Doshier on November 30.

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