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**February 24, 2021**  
**For immediate release**

## **Doshier Foundation Launches Successful Virtual Heart Event**

***This much anticipated annual women's heart health education program effectively transitioned to an online format.***

SOUTHPORT— The Doshier Foundation Heart to Heart program has grown to become more than an educational program that focuses on women's heart health, or a means to raising funds for the Doshier's Cardiac Rehab. While indeed, the event has historically accomplished both, it has also been a night each February where community came together, attired in the color red, to eat and socialize, while gathering valuable heart health education, and supporting a worthy local cause.

Due to COVID safety, the Doshier Foundation's annual Heart to Heart event went virtual for 2021, and thanks to the traction this event has built in real time over the past seven years, coupled with an engaging speaker program, the transition to a Facebook Live format was received successfully by supporters, with a viewership that has exceeded the venue capacity of past years.

Speakers for the event included Lynda Stanley, President of Doshier Memorial Hospital and Foundation, Cape Fear Heart Associates Cardiologist Dr. Timothy Winslow, Doshier Cardiac Rehab Director Anna West, and Doshier Cardiac Rehab patient Kay Jolliff, who shared her heart story and her experience with Doshier's Cardiac Rehab program.

As the program opened, Doshier Hospital and Foundation President Lynda Stanley stated "Even though COVID has changed the venue, our purpose has not changed. Today we want to educate you on something that is extremely important, and that is heart health in women." After the event, Ms. Stanley noted, "We are grateful for our supporters who made the leap with us, from our traditional venue to a virtual one, and we appreciate the strong messages from our speakers, who helped make the program a success."



**Kay Jolliff, a Cardiac Rehab patient, shares her personal heart story.**

An archive of the event can be found at <https://www.facebook.com/DosherMemorialHospital>, or at [Dosher.org/Foundation](https://www.dosher.org/foundation). For more information on Foundation programs, or to make a donation to the Heart to Heart programs, call 910-457-3850. For more information on Dosher Cardiac Rehab, call 910-457-3871.



**Dosher Hospital and Foundation President Lynda Stanley praises the Dosher Cardiac Rehab program for the difference it makes in the heart health of the local community.**

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