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For release: November 12, 2020

Doshier to Offer Health Holiday Cooking Class on November 18th

SOUTHPORT— For those of you who have missed our healthy eating/guest chef program the last few months, we've got great news!

Just in time for the holiday season, Doshier's Director of Diabetes Education and Weight Management Vicki Allen and Doshier's Dietary Manager Lisa Botnick are teaming up to deliver an online cooking demonstration on Wednesday November 18th at 4:00 pm, to teach you how to make a healthy holiday Diabetes-friendly side dish.

This will be a Facebook Live broadcast via the Doshier Memorial Hospital Facebook page accessible at <https://www.facebook.com/DoshierMemorialHospital> so you can participate from the comfort and safety of your own home.

For details, please refer to the Facebook Event created for this class.

We look forward to seeing you - virtually - on November 18th at 4pm!

Read more about Doshier services at www.Doshier.org.

View the [Thanksgiving Plate Resource](#) for a guide to a healthy Thanksgiving Plate!

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