



Community Participation Form

Thank you for your commitment to be a part of the 2023 "Hearti Gras" a community-wide heart health awareness, engagement, and fundraising campaign, benefitting the Heart Fund of The Foundation of Lake Charles Memorial Hospital (LCMH). To participate, please complete this form and return it to foundation@LCMH.com by Jan. 30.

Questions? Please contact Sol Halliburton at 337.494.3226

Name of organization/business: _____

Contact: _____ Title: _____

Phone: _____ Email: _____

Address: _____

of participating locations/branches: _____ Facebook Handle: @ _____

After your participation end date, we will schedule a check presentation for photography at your location, if applicable.

I/we will:

☐ **BE A CAMPAIGN SPONSOR** (See sponsor packet. To sign up online, go to lcmh.com/HeartiGras)

☐ **MAKE A DONATION:** ☐ \$1,000 ☐ \$500 ☐ \$250 ☐ \$100 ☐ Other \$ _____

Make check payable to: The Foundation of LCMH. Mail to: The Foundation at LCMH, 1701 Oak Park Blvd., Lake Charles LA 70601. Write: Hearti Gras on Memo Line. To donate online, go to lcmh.com/HeartiGras

☐ **"GEAUX RED" ON:** Feb 3, National Wear Red Day and/or Feb. _____

and post photos on Facebook with #HeartiGras. The photo with the most LIKES may win the title of 2023 Hearti Gras King and Queen!

☐ **OFFER A HEART HEALTH RELATED SALES PROMOTION:** _____ % of the sale of _____ from Feb. _____ to Feb. _____ will benefit The Foundation of LCMH's Heart Fund.

☐ **HOST A FUNDRAISER:** from Feb. _____ to Feb. _____

[] \$5 and up beads [] Online Peer-to-Peer fundraiser via: lcmh.com/HeartiGras

[] Paper Heart Walls [] Other: _____

☐ **BOOK A HEART HEALTH SPEAKER:** Choose your topic (15-20 minutes) & provide date/time/location:

[] How Sugar Intake Affects our Heart Health

Date/s: _____

[] Recipe for Heart Health

Time/s: _____

[] Heart Disease 101

Location: _____

[] Stroke 101

Address: _____

[] Hands-Only CPR training

[] Exercise is Medicine

☐ **SHARE HEART HEALTH FACT/TIP/VIDEO social media posts** on **The Foundation at Lake Charles Memorial Hospital's** [Facebook](https://www.facebook.com/LCMHFoundation) and [LinkedIn](https://www.linkedin.com/company/lcmh-foundation) pages in February, and use the official campaign hashtag #HeartiGras.