



# Community Participation Form

Thank you for your commitment to be a part of the 2024 Hearti Gras Campaign, a community-wide heart health awareness, engagement, and fundraising campaign, benefiting the Heart Fund of The Foundation of LCMH. **To participate, please complete this form and return it to [foundation@lcmh.com](mailto:foundation@lcmh.com) by January 26, 2024.**

Contact Ada O'Quain at 337.494.2548 with questions.

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 photo opp at your location.*

### I/we will:

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

Make check payable to: The Foundation of LCMH. Mail to: The Foundation at LCMH, 1701 Oak Park Blvd., LC, LA 70601.

Memo line: Hearti Gras.

To donate online, go to [lcmh.com/HeartiGras](http://lcmh.com/HeartiGras)

**"GEAUX RED" ON:** February 2, National Wear Red Day and/or February \_\_\_\_\_  
and post photos on Facebook with #HeartiGras.

**PARTICIPATE IN OUR COOKING DEMO:** February 22 (11:00am), LCMHS Main Campus Atrium, 1701 Oak Park Blvd., LC

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

**LEAP TOWARDS HEART HEALTH ON FEBRUARY 29:** Take this extra day to establish your heart healthy walk path!

**HOST A FUNDRAISER:** from February \_\_\_\_\_ to February \_\_\_\_\_  
[ ] Online Peer-to-Peer Fundraiser via: [lcmh.com/HeartiGras](http://lcmh.com/HeartiGras) [ ] Paper Heart Walls  
[ ] Point of Sale donations [ ] Other: \_\_\_\_\_

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

- [ ] How Sugar Intake Affects our Heart Health
- [ ] Recipe for Heart Health
- [ ] Stop the Bleed
- [ ] Heart Disease 101
- [ ] Stroke 101
- [ ] 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 and LinkedIn pages in February, and use the official campaign hashtag #HeartiGras.

