



# Community Participation Form

Thank you for your commitment to be a part of the 2026 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 22, 2026.**

Contact The Foundation at 337.494.2354 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 op 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 6, National Wear Red Day

Share your photos on Facebook using #HeartiGras.

**PARTICIPATE IN OUR COOKING DEMO:** February 26 (11:00am), LCMHS Main Campus Atrium, 1701 Oak Park Blvd., LC

Or live stream the event on Facebook.

**OFFER A HEART HEALTH RELATED SALES PROMOTION:** \_\_\_\_\_% of the sale of \_\_\_\_\_

from February \_\_\_\_\_ to February \_\_\_\_\_ will benefit The Foundation of LCMH's Heart Fund.

**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

AED Training and registration

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.

**TAKE THE EXTRA STEP TOWARDS HEART HEALTH STEP CHALLENGE:** Share your walking videos and photos on

The Foundation at Lake Charles Memorial Hospital's Facebook and LinkedIn pages in February, and use the official campaign

hashtag #HeartiGras.



Lake Charles Memorial Hospital  
The Foundation