

Heart N Hands Announces September Events for Girls' Heart Health, Prevention and Wellness

The State of My Heart Summit (Sept 11) and Love Your Heart Gala (Sept 12) unite leaders to advance heart health education, prevention, and early detection.

NEW ORLEANS, LA, UNITED STATES, August 20, 2026 /EINPresswire.com/ -- Heart N Hands, Inc., a national nonprofit dedicated to empowering girls through heart health education and prevention, is proud to announce its two signature fundraising and community impact events taking place September 11–12, 2026, in New Orleans.



Heart N Hands, "Love Your Heart Gala", will be held on September 12, 2026.

The "State of My Heart Summit", on Friday, September 11, at the New Orleans East Hospital, is an inspiring educational experience focused on women's heart health, prevention, wellness, mental health, nutrition, movement, and healthy lifestyle choices. The summit will feature physicians, healthcare professionals, wellness experts, survivors, and community leaders who will share practical strategies to help individuals better understand, love and protect their heart health.

“

These events represent more than a celebration—they represent hope, prevention, and the future.”

*Essence Harris Banks, MBA,
Founder & CEO, Heart N
Hands, Inc*

Heart N Hands' Annual "Love Your Heart Gala" on Saturday, September 12 will be hosted at The Ritz-Carlton New Orleans, this elegant evening brings together corporate partners, community leaders, healthcare professionals, donors, and supporters to celebrate purpose, impact, and philanthropy. Guests will enjoy

cocktails, New Orleans-inspired cuisine, live entertainment, inspiring storytelling, silent and live

auctions, and special tributes honoring Heart N Hands' young leaders, volunteers, sponsors, and community partners.

Proceeds from both events directly support programs that educate girls on heart disease prevention, healthy lifestyles, physical activity, nutrition, mental wellness, CPR awareness, and leadership development — while expanding access to programming nationwide.

The State of My Heart Summit (Sept 11) and Love Your Heart Gala (Sept 12) unite leaders to advance heart health education, prevention, and early detection. "These events represent more than a celebration — they represent hope, prevention, and the future," said Essence Harris Banks, MBA, Founder and CEO of Heart N Hands. "When we educate girls early, we create healthier families, stronger communities, and generations of women who understand the importance of taking care of their hearts. Every ticket purchased, sponsorship secured, and dollar raised helps us continue this lifesaving work."

Heart N Hands invites businesses, healthcare organizations, community partners, and individuals to become sponsors, purchase [tickets](#), [donate auction items](#), or support the mission through [charitable giving](#).

Now entering its twelfth year of service, Heart N Hands continues to expand its impact through the Love Your Heart Wellness Program, scholarships, youth leadership development, and community outreach. The organization empowers girls ages 10–18 with the knowledge and



Hearts N Hands' "State of My Heart Summit" will be on September 11, 2026.



This signature fundraiser supports our Love Your Heart wellness program for girls, our youth scholarship fund and our empowerment/motivation clinic for boys and girls. Proceeds from the gala help educate, empower, and equip young people to lead heart-healthy lives.

confidence to make heart-healthy choices that benefit themselves, their families, and their communities.

Together, the State of My Heart Summit and the Love Your Heart Gala are expected to welcome attendees committed to creating a healthier future through education, prevention, and community engagement.

Event Details

State of My Heart Summit

Friday, September 11, 2026

New Orleans East Hospital

11 am -2 pm

Register Here: <https://stateofmyheartsummit.eventbrite.com>

Love Your Heart Gala

Saturday, September 12, 2026

The Ritz-Carlton New Orleans

6 pm - 7 pm VIP Reception

7 pm - 10 pm Gala and Auction

Tickets & Sponsorships

Individual tickets: \$150

Tables (10 seats): \$1,500

Sponsorships: Starting at \$1,500

Tickets, sponsorship opportunities, and additional information are available.

<https://loveyourheartgala2026.eventbrite.com>

HOST A GIRL'S HEART — \$75

Can't attend the Gala but still want to support Heart N Hands? Your \$75 contribution sponsors a girl ages 10–18 to attend the Love Your Heart Gala FREE and provides a discounted ticket for her parent/guardian to attend with her. Give a girl the opportunity to experience the Gala, be celebrated, connect with her peers and see firsthand what it means to be part of the Heart N Hands movement.

Girls ages 10–18: FREE

Host a Heart Girl + Parent/Guardian: \$75

Invest in her heart. Invest in her future.

About Heart N Hands

Heart N Hands, Inc. is a nonprofit organization committed to empowering girls ages 10–18 through heart health education, awareness, and prevention. Through wellness programming, scholarships, youth leadership initiatives, and community partnerships, the organization is

creating generational health by inspiring girls to make lifelong healthy choices. Its mission is rooted in the belief that prevention begins early and that educating one girl has the power to transform an entire family and community.

Essence Harris Banks

Heart N Hands

+1 800-276-8082

[email us here](#)

Visit us on social media:

[LinkedIn](#)

[Instagram](#)

[Facebook](#)

[YouTube](#)

[TikTok](#)

[X](#)

[Other](#)

This press release can be viewed online at: <https://www.einpresswire.com/article/935156963>

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.

© 1995-2026 Newsmatics Inc. All Right Reserved.