



*Essence Harris Banks, MBA*

## Founder of Heart N Hands



*Essence Banks is a heart disease survivor and advocate since September 2004. At the age of 30, Essence was in the prime of her life, the picture of health when she started experiencing shortness of breath and heart palpitations during her workouts.*

*Then one day as she was carrying her son, Jaden inside she could not catch her breath and felt fluttering in her chest - she knew something was wrong. Her primary care physical at*

*the time ran several tests - NOTHING - then told her she was having panic attacks and to take 3 days off of work.*

*Essence knew there was more to story so she contacted a cardiologist who discovered over 90% blockage in 2 arteries. Today, Essence is a supporter and advocate of heart health awareness in women and works with organizations such as American Heart Association (Executive Leadership Team for GoRed, Circle of Red) and WomenHeart Spokeswoman and Champion -National Coalition of Women with Heart Disease.*

*"Heart disease can affect anyone at any time, know the warnings signs, risk factors and LISTEN to your body." Essence*

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