

Be a Lifesaver

Our Lady of the Blessed Sacrament CTC Blood Drive



(Don't forget to bring your **DONOR CARD** if you have one!!)

Monday, September 16, 2019
4:30pm-9:00pm~School Cafeteria
34-24 203rd St., Bayside

There is no substitute for human blood and 1 in 3 adults will require a blood transfusion at some point in our lives. You can help remedy this situation by donating blood and giving the "**Gift of Life**"

Eligibility Criteria:

- Bring **DONOR CARD** or ID with signature or photo
- Minimum weight 110 lbs.
- Age 16 – 75 (16 year olds need parental permission. Age 76 and over need doctor's note)
- Eat well (low fat) & drink fluids
- No tattoos for past 12 months

Remember, Blood is Life... Pass It On!

For medical eligibility please call 1-800-688-0900

 **New York** Blood Center