What If
It was your family member?
Would you donate blood then?

Blood Drive
Please Help and Donate Blood!

Date: Tuesday, September 11th and Wednesday, September 12th
Time: 9:00 a.m.—3:30 p.m.
Place: Nordic Lounge—Building ‘E’
Sign-Up: Counter ‘E 118’ or Call: (562) 938-4666 for Information or Appointment

Before Donating:
1. Be in good health
2. Must bring valid photo I.D.
3. Be at least 17 years old
4. Weigh at least 110 lbs.
5. Drink plenty of water
6. Eat a nutritious meal
7. No tattoos within the last 12 months

All Donors Will Receive a Ticket to the L.B. Aquarium of the Pacific and Another Complimentary Gift!
Five (5) Service Hours When You Donate!

All blood donations will go to Long Beach Memorial Medical Center and Miller Children’s Hospital