

In honor of National Heart Month, HAVE A HEART! <u>Donate Blood</u>! Save up to 3 Lives!

*Bring Donor Card or ID. * Minimum Weight: 110lbs.* No New Tattoos for past 12 months. * *Age 16-must have permission slip* **Eat well and drink plenty of fluids before donating.** * For questions concerning medical eligibility: <u>WWW.nybc.org</u> | 1-800-688-0900

For more information, or to make an appointment, contact: Health and Wellness Center