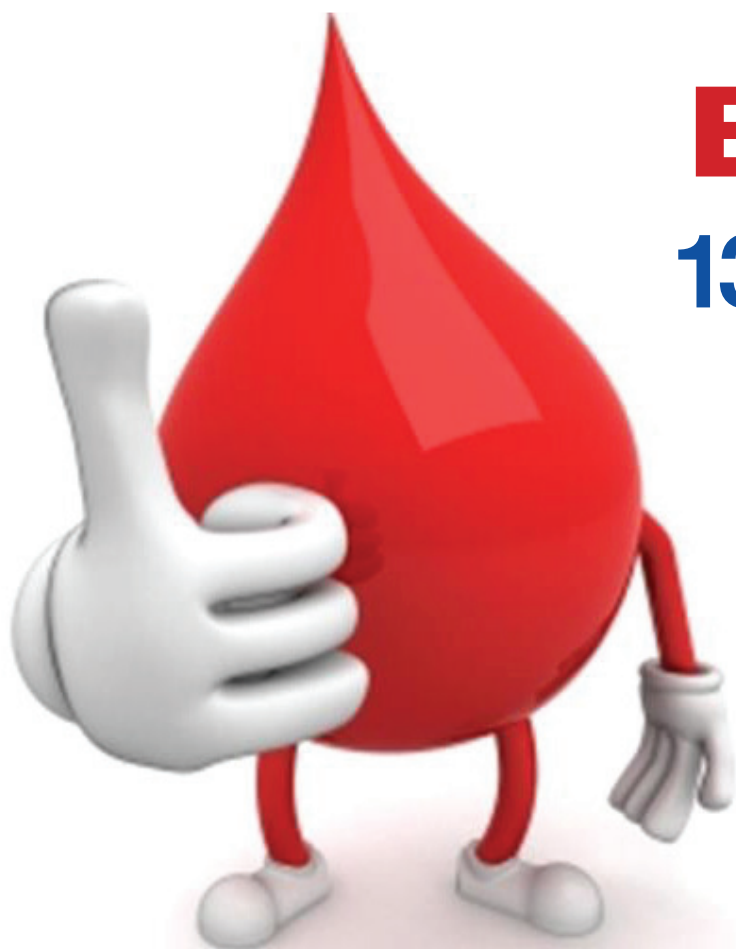


Have a Heart: Give Blood



Blood Drive

130 Livingston St

Thursday, October 26, 2017
9:30 AM – 2:00 PM
Room 111/112

**To make an appointment, contact
Ronelle Anderson**
E-mail: Ronelle.Anderson@nycct.com
Telephone: 347-643-8373

For a better donation experience...

Day Before and Right Before...	Evening Before...	Night Before...	Morning of...
HYDRATE	EAT SALTY SNACKS	SLEEP	EAT BREAKFAST
Increase your fluids the day before and right before donating.	Increase your salt intake the evening before donating.	Get a good night's sleep prior to donation day.	Eat a well-balanced breakfast the morning of your donation.

**If you cannot give blood during an on-site drive, please use
NYC Transit's Blood Donor Program (BDP) Group Number 1351.
Donate at a New York Blood Center near you.
For a site list, visit nybloodcenter.org**