

Have a Heart: Give Blood

Your donation will save three lives, plus earn you donation points and a “Thank You” gift.



Blood Drive 207th Street

Thursday, December 13, 2018
8 AM – 2 PM
Cafeteria

For information contact:
Lisa Bailey, Union Office
212-544-3746

For a better donation experience...

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 at an on-site drive, please use NYCT's BDP Group Number 1351. For a site list, visit nybloodcenter.org