

Have a Heart Give Blood



Blood Drive



130 Livingston St.	October 27	9:30 a.m. – 2:00 p.m. Ground fl. - Rm119
Coney Island Maint. & Overhaul Shops -	November 2	9:30 a.m. - 3:30 p.m. Cafeteria
2 Broadway	December 7	10:30 a.m. - 4:30 p.m. 6 th fl. – Rm. D6.01
2 Broadway	December 8	8:30 a.m. - 2:30 p.m. 6 th fl. Rm D6.01

For a better donation experience.....

Day Before & 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 attend one of these NYCT sites,
Visit Nybloodcenter.org for other locations and
Use our group number 1351