

# Have a Heart Give Blood



## Blood Drive



*Coney Island Overhaul*    *Tuesday, Nov. 7*    *9:30a.m. - 2:00 p.m.*  
*Cafeteria*

**For a better donation experience.....**

Day Before & Right Before	Evening Before...	Night before...	Morning of...
<b>HYDRATE</b>	<b>EAT SALTY SNACKS</b>	<b>SLEEP</b>	<b>EAT BREAKFAST</b>
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](http://Nybloodcenter.org) for other locations and  
 Use our group number 1351**