

Have a Heart Give Blood



Blood Drive



- Coney Island Shop** January 25th 9:30a.m. – 2:00 p.m.
Cafeteria

- 130 Livingston St.** January 25th 9:30 a.m. – 2:00 p.m.
Room 111/112

For a better donation experience.....

Day 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.