

Have A Heart ... Donate Blood!



L.A. Works Blood Drive

Date: Thursday, February 11th, 2009

Time: 9:30 a.m. — 4:00 p.m.

Place: Blood Mobile in the parking lot

*Contact: Maureen Lynch 626-960-3964 ext.
2225 for information or appointment*

*Your Choice - Subway Gift
Card or a T-shirt!*

BEFORE DONATING:

- Be in good health
- Bring a photo I.D.
- Weigh at least 110 lbs.
- Drink plenty of water
- Eat a nutritious meal
- No tattoos in the last 12 months
- Be at least 17 years old

All blood donations will benefit the local community