



1 blood donation can save up to 3 lives



@ Stanwood High School...

BLOOD DRIVE @ STANWOOD HIGH SCHOOL

Monday, November 20 • 7:15am -1:15pm

Location: SHS Library

Sign up during your lunch in the Commons Mon, Nov 13 ~ Wed, Nov 14

You must be **at least 16 years old** to donate blood (**and have a signed permission slip**) and **weigh at least 110 pounds** on the day you intend to donate. Eat a good meal the night before: eat before coming in to your appointment in the library. No appointments will be taken the day of (Monday, Nov 20th). Stay away from energy drinks & coffee before your appointment.

**NO "DAY OF"
APPOINTMENTS;
YOU MUST
REGISTER
AHEAD!**