



Blood Drive

FOREST BROOK ELEMENTARY SCHOOL

Wednesday, February 13th
3:00pm – 7:30pm
Gym

**In honor of National Heart Month, HAVE A HEART!
Donate Blood! Save up to 3 Lives!**

Sign up online: https://donate.nybc.org/donor/schedules/drive_schedule/43241

For more info & to make an appointment, contact: Carolyn Heck (516)557-6792

🔴 Eligibility Criteria 🔴

Bring **Donor Card or ID**. Minimum Weight: 110lbs.
No New Tattoos for past 12 months. Age 16 – 75
(16 year olds must have parental permission)
Eat well (low fat) & drink fluids

For questions concerning medical eligibility:

www.nybc.org | 1-800-933-2566



Donate Blood!

Long Island Blood Services