



ST. JOHN'S EPISCOPAL HOSPITAL  
EPISCOPAL HEALTH SERVICES INC.

# SHARE A **LITTLE** SAVE A **LOT**

ONE BLOOD DONATION CAN SAVE UP TO **THREE LIVES.**



## **St. John's Episcopal Hospital Community Blood Drive**

**Thursday, September 13, 2018**

**9:00 AM—4:00 PM**

**BOCES Center**

**510 Beach 20th Street**

**Far Rockaway, NY 11691**

For more information or questions about donating, please call

**201-251-3703**

Schedule your own appointment here:

[donor.cbsblood.org/donor/schedules/drive\\_schedule/48404](http://donor.cbsblood.org/donor/schedules/drive_schedule/48404)

**Thank you for your continued support of our lifesaving mission.**

### **Donor Guidelines:**

- Weigh at least 110 lbs
- Eat before donation
- Bring ID
- Drink plenty of water before and after donation

**COMMUNITY**  
BLOOD SERVICES  
A BLOOD SYSTEMS BLOOD CENTER

[www.communitybloodservices.org](http://www.communitybloodservices.org)