

## Participate in World Blood Donor Day and Help Save a Life

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Join others across the world on June 14 and donate blood through the American Red Cross on World Blood Donor Day. Blood is a perishable product that must be constantly replenished by generous volunteer blood donors.

One out of every 10 people admitted to the hospital needs blood. By becoming a blood donor, or by making regular donations, you are making a vital contribution to modern healthcare.

“Most people think that blood is used mainly for victims of car accidents and other trauma patients,” said, Lori Medley, Director of Donor Recruitment of the American Red Cross River Valley Region. “But, blood is used for so many other patients. It’s used for the treatment of cancer patients, people with blood disorders, premature babies and transplant recipients.”

When you donate blood through the Red Cross, you help provide the gift of life for patients in serious medical need. Make an appointment to donate blood today and you can change a life, starting with your own.

### **Upcoming Blood Donation Opportunities:**

**Monday, June 15, 2 to 7 p.m., Anytime Fitness, 1059 Market St., Charlestown.**

All presenting donors will be give a free t-shirt and there will be a drawing for a free, three-month membership to Anytime Fitness.

### **How to Donate Blood**

Simply call 1-800-GIVE-LIFE (1-800-448-3543) or visit [givebloodgivelife.org](http://givebloodgivelife.org) to make an appointment or for more information. All blood types are needed to ensure a reliable supply for patients. A blood donor card or driver’s license, or two other forms of identification are required at check-in. Eligible donors must be at least 17 years old, or 16 years old with a signed Red Cross parental/guardian consent form where state permits, must weigh at least 110 pounds and be in general good health.