

# Blood Emergency



**Sunday, January 25<sup>th</sup>**  
**9:00am-3:00pm**

Church Parish  
44-04 Skillman Ave, Sunnyside, NY 11104

## Prepare to donate



Eat well  
and hydrate



Bring a  
photo ID



Feel good and  
symptom free



Meet minimum  
weight requirements



**Must be 17-75**  
- 16 with parental  
permission form  
- 76+ with written  
physician consent

Visit [nybc.org/eligibility](https://nybc.org/eligibility)  
for complete donation guidelines.



**Sign up** at [nybc.org/sponsor](https://nybc.org/sponsor)  
and use code #65490