

Oceanside Jewish Community Blood Drive



Tuesday, July 10, 2018

3:30pm - 8:00pm

Temple Avodah

3050 Oceanside Road
Oceanside, NY

Your donation will help to save up to THREE lives.

Our community hospitals need your help. Please share this lifesaving gift!

Thank you for caring!

Eligibility Criteria:

- Bring your Donor Card (or ID with signature/photo)
- Minimum weight 110 lbs
- Age 16 - 75 (16 year olds must have parental permission. Age 76 and over need doctor's note)
- Eat well (low fat) & drink fluids (Almonds & Red Meat boost Iron!)
- No tattoos for past 12 months

For questions concerning medical eligibility call 1-800-688-0900.

To schedule an appointment

email Paula @ ojclibrarian@gmail.com or

Karen @ akaakaren@aol.com

 **Long Island** Blood Services