



DATE: Tuesday, March 4, 2025

TIME: 9:00 am - 12:30 pm / 2:00 pm - 4:30 pm

PLACE: Hamlin High School

@Bryant Community Center

To schedule online: cbblifeblood.org & click on Events, or scan the QR code above

BLOOD DONATION REQUIREMENTS

- You must be at least 17 years old (16 years old with signed parent/legal guardian consent form, located on website) and weigh at least 110 pounds.
- Be in general good health. You cannot have a cold, fever, flu or sore throat.
- Make sure you eat a good meal prior to donating and drink plenty of water.
- Please bring a valid ID with you (driver's license, student ID, state ID, etc).

You can safely donate every 56 days.

Call 877-877-3070 for more information or log onto www.cbblifeblood.org
Community Blood Bank is not affiliated with any other blood bank organization, and is the sole provider of blood to your local hospital.



**COMMUNITY
BLOOD BANK**
THE LIFE BLOOD OF YOUR COMMUNITY