



BLOOD DRIVE IN SUPPORT OF

Coach Brad Macha

**Parents and Students please help in the
healing process. Join us on:**

Date: Saturday, May 19th

Time: 9:00am~ 2:00pm

Location: Teurlings High School

You can donate blood every 2 months

To donate you must be in good health, at least 17 years of age and weigh a minimum of 115 pounds.

There is no upper age limit. Individuals with high blood pressure (below 180/100) or controlled diabetes can now donate. If you have medical questions or have been out of the country, call 337-470-4483.

Please drink a lot of fluids and eat before donating. **ID IS REQUIRED TO DONATE BLOOD**

If unable to donate blood, please recruit others to give.

You can also donate at the blood center located at Our Lady of Lourdes Hospital

For questions please contact, Beverly Meche 337.470.4428

