

*Our community needs  
healthy blood donors.  
Can you pitch in and help?*

# *Spring* **BLOOD DRIVE**

**Thursday,  
April 24, 2025\***

**1:00–7:00 PM**

*We need  
**60**  
pledged donors!  
HELP US GET  
THERE!*

*Sign up  
today!*

## **The Church of Jesus Christ of Latter-day Saints**

89-58 163rd Street, Jamaica

*Follow signs to the gym on the 4th floor*

### **Donating blood is safe and convenient when:**

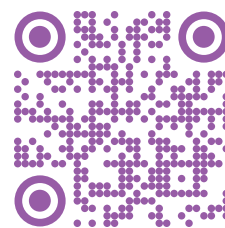
- You are in good health.
- You are 17 years or older (16 with written parental consent/permission — forms available at nybc.org).
- You weigh at least 110 pounds (50 kg).
- You have completed a course of antibiotics and are free of infection.
- You are symptom-free for at least 72 hours following a cold or flu.
- You are symptom-free for 14 days following recovery from COVID-19, a positive diagnostic test, or experienced symptoms.

Some medical conditions/medications, recent tattoos, piercings, or travel may impact eligibility, but don't presume you can't give blood. For more information, visit nybc.org or call 800.688.0900.

\* Date subject to change based on the number of advanced signups received.

### **APPOINTMENTS STRONGLY ENCOURAGED**

*For more information and directions  
& to schedule an appointment*



### **VISIT**

**[jamaica1stward.org/blood-drive](https://jamaica1stward.org/blood-drive)**

PRESENTED BY

**The Jamaica 1st Ward of  
The Church of Jesus Christ of Latter-day Saints**

 **New York  
Blood Center**