



**Highland Park Conservative Temple**

**Congregation Anshe Emeth**

**201 South 3<sup>rd</sup> Ave, Corner Benner Street**



**Men's Club Martin Luther King, Jr.**

## **Blood Drive**

**Monday, Jan 15, 2018 • 2:00 pm - 8:00 pm**

***Blood Emergency • Help save a life!***

**Light lunch and dinner will be served**

**Bring a Donor Buddy!**

### **DONATING BLOOD IS QUICK, EASY AND SAFE**

- **Bring Positive Identification.**
- **Must be between 16 and 76 years of age. 16 year olds may donate with signed consent from a parent or guardian. Those over 76 years MUST BRING A DOCTOR'S NOTE.**
- **Eat regular meals, but avoid fatty foods for 4 hours prior to donating blood.**
- **You MUST BE IN GOOD HEALTH and weigh at least 110 pounds on the day of your blood donation.**
- **If you schedule an appointment, time will be honored as closely as possible**

**(Contact the Temple Office at 732-545-6482)**

**For eligibility questions call 800-933-2566**