

DONORS WILL RECEIVE A BLOOD DONOR T SHIRT



*Give the
Gift of Life...*

DONATE BLOOD

GOLDEN VALLEY HS

REQUIREMENTS

- ❖ Be in good health
- ❖ Bring valid photo ID
- ❖ Weigh at least 110 lbs.
- ❖ Drink plenty of fluids
- ❖ Eat a nutritious meal
- ❖ No tattoos within the last 12 months
- ❖ Be at least 17 years old (16 with Hospital Parental Consent)

JROTC

Thursday, April 3rd

8AM - 2PM

Blood Mobile!

**SIGN-UP WITH JROTC
in rooms 812 811**

california.providence.org

Providence
**Holy Cross
Medical Center**
Mission Hills

Providence
**Little Company of
Mary Medical Center**
San Pedro

Providence
**Little Company of
Mary Medical Center**
Torrance

Providence
**Saint Joseph
Medical Center**
Burbank

Providence
**Tarzana
Medical Center**
Tarzana