



Critical Blood Drive

Hosted by Forest Hills Volunteer Ambulance Corps

Date: Sunday May 19th, 2019

Time: 12:00pm - 6:00pm

Place: 92-29 Metropolitan Ave, Forest Hills NY 11375

Your donation will help to **save up to THREE lives.**

Our community hospitals need your help.

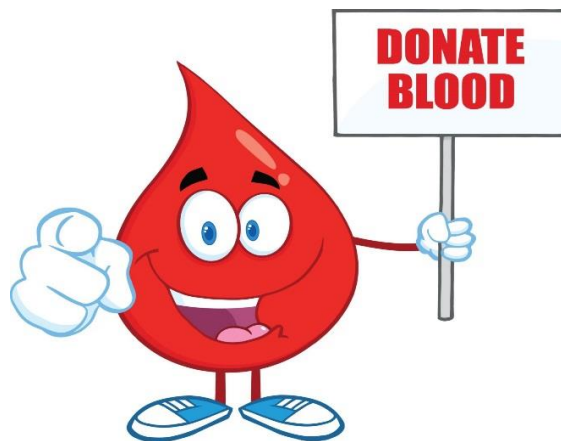
Please share this lifesaving gift!

Thank You for Caring!

Eligibility Criteria:

- Bring Your **Donor Card** or ID with signature or photo.
- Minimum weight 110 lbs.
- Age 16 – 75 (16 year olds must have parental permission)
- Age 76 and over need doctor's note
- Eat well (low fat) & drink fluids
- No tattoos for past 12 months

For questions concerning medical eligibility call 1-800-688-0900.



For more information:

Email: plantin@fhvac.org

Email: mhettich@fhvac.org

Walk-ins are always welcome!!!