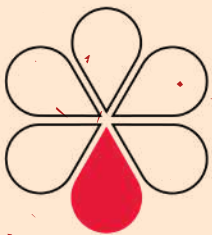


LOS BANOS PARKS & RECREATION
CENTRAL CALIFORNIA BLOOD CENTER

COMMUNITY BLOOD DRIVE

- A photo ID is required to register, then you'll be asked to verify your name and address.
- Before you donate: Eat a healthy meal, high in iron (tuna, spinach, quinoa, turkey), drink plenty of water, avoid caffeinated beverages.
- After you donate: Drink plenty of water, avoid strenuous physical activity.



Central California
Blood Center

JULY 8TH, 2022
12:00PM-5:00PM
COMMUNITY CENTER 645 7TH ST.



City of
Los Banos
At the Crossroads of California

donateblood.org

All programs subject to change