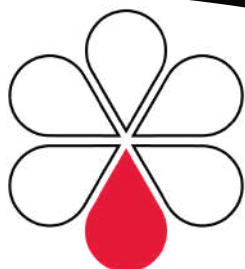


LOS BANOS PARKS & RECREATION
CENTRAL CALIFORNIA BLOOD CENTER

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.

FEBRUARY 15, 2023
APRIL 13TH, 2023
JUNE 8TH, 2023
12:00-3:00PM
COMMUNITY CENTER
645 7TH ST.



Central California
Blood Center

All programs subject to change
ParksandRecreation@LosBanos.org
Limited Space available
donateblood.org

