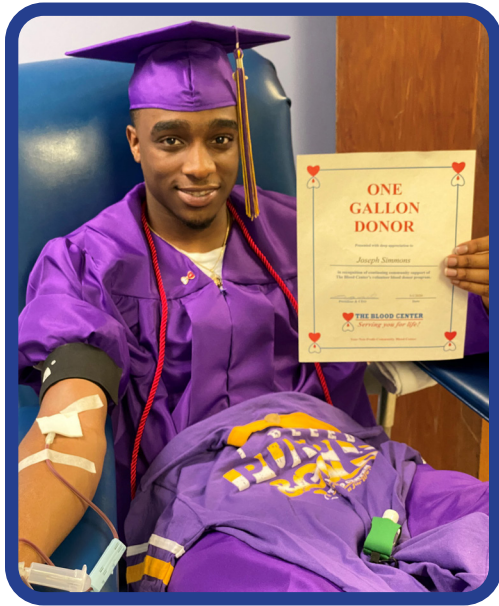


**Community Service** you can do lying down!

# Donate Blood

Earn a **Red Cord and Certificate** for graduation or other recognition ceremonies.



**30 minutes is all it takes to save lives!**

- Donate blood **at least 4 times** during your High School Career to earn a **Red Cord & Red Cord Certificate\***
- You could earn **service hours** for your school or JROTC program.
- You **save up to three lives** every time you donate!

*\*Donations must be made with The Blood Center. Red cords may be worn at any school approved ceremony.*

To qualify to donate blood you must be in good health and:

- Be at least 16 years old and weigh 130 pounds. (Must have signed parental consent)
- 17 year olds and older do not need parental consent and must weigh at least 110 pounds.
- Have a valid, non-expired ID



**THE BLOOD CENTER**

*Serving you for life!*

Donate at your school's blood drive, or find a donation opportunity:

**Use Your School's Group Code:**



#

TheBloodCenter.org  
(800) 86-BLOOD