Benefits of Donating Blood

IMPROVE HEART & LIVER HEALTH
Reduce risk of heart attack and stroke by reducing harmful iron stores

BURN CALORIES
Donating 1 pint of blood burns around 650 calories!

REDUCE RISK OF CANCER
Studies have shown that donors who give blood twice a year had lower iron levels, and a lower risk of cancer and mortality.

FREE HEALTH SCREENING
Vital signs, blood type, cholesterol, COVID19 Antibody and other tests done free of charge

SENSE OF PRIDE
Donating blood saves up to 3 lives. So when you sit down and roll up your sleeve, you know you're making a difference- and that makes you feel good!

TheBloodCenter.org
(800) 86-BLOOD

THE BLOOD CENTER
Serving you for life!