



- ❖ Mark your calendar now!
- ❖ For the Annual Congregation B'nai Shalom **Blood Drive:**
- ❖ **Sunday, January 22** at 8:00 am – 2:00 pm in the CBS Social Hall.
- ❖ Please contact **Brooke Feldman** for more details at **cagirl12@astound.net** **to schedule your appointment and show that you care.**
- ❖ **General Requirements:**
 - AGE:** 17 (16 year-olds can donate with written permission of parent or guardian) and older.
 - WEIGHT:** At least 110 pounds
 - DIET:** A well-balanced meal is recommended within four hours of donation.
 - HEALTH:** General good health.
 - IDENTIFICATION:** Valid identification such as a driver's license, DMV identification card, passport, social security number, etc.
- ❖ Schedule your appointment **now!**