



DONATE BLOOD

..... 

Save a Life

.....

Join Assemblywoman
Marjorie Byrnes and the
American Red Cross for a
Summer Blood Drive



Marjorie
Byrnes
ASSEMBLYWOMAN

New York State Assembly • Albany, NY 12248

PRSRT STD.
US Postage
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Permit No. 75

BLOOD DONATIONS ARE NEEDED

..... *Now More than Ever*

**Thursday,
August 20**

2:00 pm – 7:00 pm
Sparta Center United
Methodist Church
8455 Route 256
Sparta, NY



Blood banks are always looking for residents willing to donate blood. The blood you donate today can save someone else's tomorrow! To be a donor, you must:

- ➔ Bring valid photo or signature identification
- ➔ Wear a face covering
- ➔ Weigh at least 110 pounds
- ➔ Be between the ages of 16-75 (16-year-olds must have parental permission. Age 76 and older need a doctor's note)
- ➔ Eat well and be hydrated prior to the appointment
- ➔ Have not gotten a tattoo within the past 3 months



Marjorie
Byrnes
ASSEMBLYWOMAN

For other questions
or concerns, contact
Assemblywoman Byrnes.

79 Genesee Street
Avon, NY 14414
byrnesm@nyassembly.gov

**Appointments are required. Please visit
[redcrossblood.org](https://www.redcrossblood.org) to schedule an appointment.**

As an added bonus, all donations will be tested for
COVID-19 antibodies. Results can be viewed 7-10
days after donation.

