

Donate **blood**  
Save a life



JOIN  
Assemblyman  
John Mikulin  
at his community  
**Blood Drive**



A S S E M B L Y M A N  
**JOHN★MIKULIN**

New York State Assembly  
Albany, NY 12248

PRSRT STD.  
US Postage  
**PAID**  
Albany, NY  
Permit No. 75

**Assemblyman John Mikulin, along with Long Island Blood Services, is conducting a blood drive.**

**Tuesday, July 24  
3:00 - 7:30 p.m.  
Plainedge Library  
1060 Hicksville Road  
Massapequa, NY 11758**

Hospitals are always looking for residents willing to donate blood. The blood YOU donate today can save someone's life tomorrow! To be a donor you must:

- + Bring your blood donor card or valid photo or signature I.D.
- + Weigh at least 110 lbs
- + Be age 16-75 (16-year-olds must have parental consent, adults age 76 and older must have a doctor's note)
- + Eat well and be hydrated prior to your appointment
- + Not have gotten a tattoo within the past 12 months (unless applied in New Jersey)

**△ Long Island Blood Services**



Please call Assemblyman Mikulin's office to schedule an appointment, for questions/ concerns or for information on any state issue:

**516-228-4960**

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