



Kristin has been a blood donor and a blood recipient. Visit bloodcenter.stanford.edu to read her story.

VA Palo Alto Health Care System **Blood Drive»**

Date: Thursday, December 6, 2012

Time: 8:00 am - 3:00 pm

Location: Auditorium

For more information, please call Bill Ball

at (650) 858-3903 or ext. 65800,

or e-mail william.ball@med.va.gov.

To make an appointment»

- Browse to <http://bloodcenter.stanford.edu>
- Click on "Schedule an Appointment"
- Search by zip code "94304" or by sponsor code "0448"

Special benefits for donors»

Each donor will also receive a complimentary AMC Theatres movie ticket.



Give blood for life!

Part of Stanford University School of Medicine.

Blood donors must:

- » Be at least 17 years of age
- » Weigh at least 110 lbs
- » Be free of cold and flu symptoms (allergies okay; as are most medications)
- » Eat before donating & drink plenty of fluids
- » BRING PHOTO ID

Unfortunately, you will be deferred:

- » If you stayed in the U.K. for a cumulative time of three months or more between 1980 and 1996;
- » If you spent five years or more since 1980 in specified European countries (please call the Resource Nurse);
- » For one year if, within the last twelve months, you traveled to India or certain parts of Mexico, China, Africa, Central and South America, the Caribbean, or the Philippines

Please call or check our website for more detailed information.

888-723-7831 • bloodcenter.stanford.edu