



Blood Drive

Sponsored by the Z Club Health and Wellness Committee
gfwcZwaanendael.org

Wednesday, April 30

10:00 am - 2:00 pm

St. Jude the Apostle Catholic Church
152 Tulip Drive, Lewes



Registration

Walk-ins Welcome or
Make an Appointment at
www.donate.bbd.org



Donor Requirements

- Good health
- 17 years or older or 16 with parental consent
- Weigh at least 110 pounds
- Symptom free for at least 72 hours following cold or flu



Give the Gift of Life