

BLOOD DRIVE

Thursday, June 4

9:00AM – 4:00PM

**Fircrest
Police Department
Bloodmobile**

To make an appointment, go to signup.com <https://signup.com>

Before you donate be sure to eat well, drink plenty of non-caffeinated fluids and bring your picture ID. If you are under the age of 18, you will need a signed parental permission to donate form.



**CASCADE REGIONAL
BLOOD SERVICES**
YOUR COMMUNITY BLOOD CENTER



1-877-24-BLOOD | CRBS.NET



1 PINT
OF BLOOD CAN
SAVE 3 LIVES



**EVERY 2
SECONDS**
SOMEONE IN THE U.S.
NEEDS BLOOD



ONLY 5%
OF ELIGIBLE DONORS
DONATE BLOOD