

**Bowman
High School**



BLOOD DRIVE!



Monday, February 27th

8:30am until 2:30pm

Bloodmobile in front parking lot area

BEFORE DONATING;

MUST BRING PHOTO ID

Must be in good health

Weigh at least 110lbs

Drink plenty of fluids

Eat a nutritious meal

No tattoos within the last 12 months

16 & 17 year olds must bring a signed Providence

Parent Consent (Does not apply to 18+ years)

No cold or flu symptoms

Sign-up with ASB

**Every actual blood donor will receive
a complimentary T-shirt! Help us
reach our goal of 60 pints!**

For more info call 818-926-6245

Providence
Holy Cross
Medical Center
Mission Hills

Providence
Saint Joseph
Medical Center
Burbank

Providence
Tarzana
Medical Center
Tarzana

Providence
Little Company of Mary
Medical Center
San Pedro

Providence
Little Company of Mary
Medical Center
Torrance

www.providence.org/california