



Wellness Wednesday

## BLOOD DRIVE

FRIDAY, MAY 24

10:30 a.m. - 3 p.m.

GCEMS Station 1 (Granby)

Schedule an appointment  
online in advance, or walk in.  
**Visit [Vitalant.org](http://Vitalant.org) for more  
information.**

## Facts of Life

### 4.5 million Americans will need a blood transfusion each year.

Donating blood saves lives. Rolling up your sleeve has health benefits for the donor, too!

- **A free health screening.** Before you donate, your vital signs will be checked, and your blood type will be identified - particularly helpful if you have a rare blood type and ever need a transfusion yourself.
- **A healthier heart and vascular system.** Regular blood donation is linked to lower blood pressure and a lower risk for heart attacks (thought to be a result of blood donation helping to lower the viscosity of the blood, which has been associated with the formation of blood clots, heart attacks and stroke).
- **A happier life.** People usually donate because it feels good to help others, and altruism and volunteering have been linked to positive health outcomes, including a lower risk for depression and greater longevity.

Every  
**2 seconds**,  
a hospital  
patient  
needs a  
lifesaving  
blood  
transfusion.

Just **ONE**  
donation  
can save  
up to  
**THREE** lives.

More than  
**38,000**  
blood  
donations  
are needed  
every day.