



*Give the
Gift of Life...*

DONATE BLOOD

DEPARTMENT OF MENTAL HEALTH

REQUIREMENTS

- ❖ Be in good health
- ❖ Bring valid photo ID
- ❖ Weigh at least 110 lbs.
- ❖ Drink plenty of fluids
- ❖ Eat a nutritious meal
- ❖ No tattoos within the last 12 months
- ❖ Be at least 17 years old (16 with Hospital Parental Consent)

Thursday, November 21st
9:00 AM - 3:00 PM
Mobile Unit
Sign up with:
Maria Salas (310)519-6218
or Salas@dmh.lacounty.gov

**DONORS WILL RECEIVE A COUPON FOR A
PINT OF BASKIN ROBBINS ICE CREAM!**

california.providence.org **APPOINTMENTS PREFERRED...WALK-INS WELCOME!**

Providence
**Holy Cross
Medical Center**
Mission Hills

Providence
**Little Company of
Mary Medical Center**
San Pedro

Providence
**Little Company of
Mary Medical Center**
Torrance

Providence
**Saint Joseph
Medical Center**
Burbank

Providence
**Tarzana
Medical Center**
Tarzana