


# Blood Drive



Because of you, life doesn't stop.  
# VitalToLife

**Sponsored By:**  
**Rockaway Township**



**Tuesday, November 16, 2021**  
**1:00 pm - 8:00 pm**

**Robert A. Galdon Senior Center**  
**19 Mount Hope Road**  
**Rockaway, NJ 07866**

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**Appointments strongly recommended.**

You may make an appointment using the link below or QR code:  
[https://donor.cbsblood.org/donor/schedules/drive\\_schedule/54213](https://donor.cbsblood.org/donor/schedules/drive_schedule/54213)




Blood donations can help people like Nancy Helbourg, a Rockaway Township resident and RT Board of Education President. Nancy is a lifelong blood donor and due to her current illness is unable to donate. Please consider donating to help people like Nancy stay healthy and well.

**Donor Guidelines:**

- \* ALL DONORS ARE REQUIRED TO WEAR A CLOTH BASED MASK OR FACE COVERING**
- \* Weigh at least 110 lbs.**
- \* Eat a meal before donation**
- \* Bring ID**
- \* Drink plenty of water before and after donation**



For more information or to schedule a donation,  
call **1.877.258.4825** or visit us at **vitalant.org**  
Find us @vitalant   

**vitalant**  SM