



New York City  
Police Department  
Community Affairs Bureau Queens Outreach  
**Blood Drive~ Health Fair**  
**HEROES WANTED**



**PLEASE DONATE BLOOD**

Heroes

**When: Saturday, October 24, 2009**  
**Where: Zion Tabernacle F.B.H. Church**  
**105-01 107<sup>th</sup> Ave, Ozone Park, NY**  
**Time: 12:00 pm ~ 5:30 pm**

**Donor Requirements ~**

- Bring valid ID.
- Age Requirements: 16\* to 76<sup>th</sup> birthday - Minimum weight 110 lbs
- (\*16-yr olds need parental permission on a special NYBC form; 76+ with doctor's note)
- Eat well & drink fluids before donating.
- **\*\*\*Iron Enriched Foods 2 weeks before the drive is the key\*\*\*** ex. Liver, beef, lamb, veal, pork, seafood, veggies, eggs, citrus fruits, breads & cereals, and grains.
- No tattoos for past 12 months; unless done in New Jersey. **For questions regarding medical eligibility, call (800) 688-0900.**

**Operation Safe Child Identification Cards, Safety & Crime Prevention Information, Lots of Information and Free Handouts for all.**

 **New York** *Blood Center*

**neighborhood**   
HEALTH PROVIDERS