

Donate **blood**
Save a life



JOIN
Assemblyman
John Mikulin
at his community
Blood Drive



A S S E M B L Y M A N
JOHN★MIKULIN

New York State Assembly
Albany, NY 12248

PRSRT STD.
US Postage
PAID
Albany, NY
Permit No. 75

Assemblyman John Mikulin, along with Long Island Blood Services, is conducting a blood drive.

**Tuesday, July 31
1:00-7:00 p.m.
Farmingdale Public Library
116 Merritts Rd.
Farmingdale, NY 11735**

Hospitals are always looking for residents willing to donate blood. The blood YOU donate today can save someone's life tomorrow! To be a donor you must:

- + Bring your blood donor card or valid photo or signature I.D.
- + Weigh at least 110 lbs
- + Be age 16-75 (16-year-olds must have parental consent, adults age 76 and older must have a doctor's note)
- + Eat well and be hydrated prior to your appointment
- + Not have gotten a tattoo within the past 12 months (unless applied in New Jersey)



Blood Services will be awarding
2 Mets tickets to every
presenting donor

△ Long Island *Blood Services*

Please call Assemblyman Mikulin's office to schedule an appointment, for questions/ concerns or for information on any state issue:



516-228-4960

1975 Hempstead Turnpike
Suite 202
East Meadow, NY 11554
mikulinj@nyassembly.gov

A S S E M B L Y M A N
JOHN MIKULIN