



American
Red Cross

#chooseyourday



100 days of
SUMMER
100 days of
hope

Palomar College Blood Drives

Sponsored by Health Services Center

Monday – Thursday, July 13-16

9:00 am – 3:15pm

Parking Lot 6

1140 W Mission Road, San Marcos 92069

All VISITORS must obtain a Parking Permit from Campus Police and park in Student Parking Lots

All donors will receive a Thank You gift!

Schedule your appointment! Contact Health Services 760.744.1150 x2380
Or signup online at www.redcrossblood.org (code: PalomarSM)

Tips for a positive donation

- ✓ Eat healthy, iron-rich meals prior to your donation.
- ✓ Drink extra fluids beginning the day before your donation.
- ✓ Get plenty of rest and wear comfortable clothing
- ✓ Bring personal identification, such as a driver's license

Blood is especially needed this time of year. Please schedule your donation today.



1-800-RED CROSS | redcrossblood.org | Download the Blood Donor App