

REMINDER TO DONATE BLOOD LABOR DAY WEEKEND

Gulf Coast Regional Blood Center Holiday Hours: 8 a.m. to 2 p.m.

WHAT: Gulf Coast Regional Blood Center is reminding all eligible blood donors to take time to give back by giving blood over Labor Day weekend. During the summer and around holidays, donations tend to decline. KHOU 11 is partnering with The Blood Center for a community blood drive to help meet the ongoing need for about 1,000 donations a day.



Donors are encouraged to visit any of The Blood Center's 13 Neighborhood Donor Centers conveniently located throughout the greater Houston region. All Houston-area locations will be open from 8 a.m. to 2 p.m. on Monday, Sept. 1. To find a donor center or blood drive near you visit www.giveblood.org.

All who donate or attempt to donate for the KHOU 11 Summer Blood Drive will receive a commemorative T-shirt and a gift certificate for a free pint of Blue Bell ice cream.

HOLIDAY HOURS: All Houston-area Neighborhood Donor Centers will be open from 8 a.m. to 2 p.m. on Monday, Sept. 1. To find a location near you, visit www.giveblood.org.

ABOUT US: Gulf Coast Regional Blood Center is asking its donors to *Commit for Life*. It takes three simple steps: 1) Donate once per quarter; 2) allow The Blood Center to contact you; and 3) spread the word, encouraging others to *Commit for Life*. The Blood Center is the primary supplier of blood components to more than 170 hospitals and health care facilities in a 26-county Texas Gulf Coast region. Donors must be at least 17 years of age, weigh a minimum of 110 pounds and be in good general health. Individuals who are 16 years old, at least 122 pounds, in good general health and have parental consent also may be eligible to donate. The donation process is simple, taking only about one hour. Gulf Coast Regional Blood Center is an independent, non-profit blood center that is not affiliated with the American Red Cross.

Follow us online: [facebook.com/commitforlife](https://www.facebook.com/commitforlife) • twitter.com/commitforlife

MEDIA CONTACT: Meagan Raeke, Media Relations Manager
mraeke@giveblood.org, (713) 791-6329 – office

###