



Media Alert

**Gulf Coast Regional
Blood Center**
Commit for Life.

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www.giveblood.org

BLOOD DONORS CAN SAVE LIVES TODAY AND IN THE FUTURE

Blood Drive at 2009 City of Houston Wellness Fair, Thursday, May 14

WHAT: Gulf Coast Regional Blood Center invites the public help save lives today and in the future with the City of Houston's 2009 Wellness Fair and blood drive. The event promoting personal wellness is free and open to the public. More than 1,000 blood donations are needed in the Texas Gulf Coast region every day, and every donation helps save up to three lives.

Blood donors helping save lives will also receive a personal health check as part of the screening process. The day after the donation, donors can log on to www.giveblood.org to review their cholesterol levels, blood type and other health information. Plus, every individual who donates or attempts to donate will receive a free *Commit for Life* T-shirt.

WHEN: Thursday, May 14
9 a.m. to 3 p.m.

WHERE: George R. Brown Convention Center - Exhibit Hall A
1001 Avenida de las Americas
Houston, Texas 77010

To schedule your donation, visit www.giveblood.org or call 1(888) 482-5663.

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 25-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 their parents' consent also may donate. The donation process is simple, taking only about one hour. For additional information, call (713) 790-1200 or 1(888) 482-5663, or visit The Blood Center's Web site at www.giveblood.org.

Interact with us on the Web: www.giveblood.org/blog • www.giveblood.org/Facebook • www.twitter.com/commitforlife • www.flickr.com/photos/commitforlife

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