

SAVE LIVES, GET FREE ICE CREAM ALL MONTH
Donate Blood in August and Receive a Gift Certificate for a Free Pint of Blue Bell Ice Cream



WHAT: The heat is on, but you can find sweet relief by donating blood starting Friday, Aug. 1! All who attempt to donate with Gulf Coast Regional Blood Center in August will receive a gift certificate for a free pint of Blue Bell ice cream from the little creamery in Brenham. Simply visit any of The Blood Center's 16 Neighborhood Donor Centers or a mobile blood drive to donate anytime during the month of August. After donating, redeem the gift certificate at your local grocer.

Donations tend to decrease during summer months, so it's an especially important time to donate. Those who ***Commit for Life*** and donate at least once a quarter help ensure blood is on the hospital shelf for patients in our region.

The donation process is simple and only takes about one hour. Donors should drink plenty of water and eat a hearty meal prior to giving. For more information, visit giveblood.org.

WHEN: Aug. 1 through 31

WHERE: Any Gulf Coast Regional Blood Center Neighborhood Donor Center or mobile blood drive. To find a location near you, visit 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.

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