

## Up-Coming Blood Drives in the Capital Region

Please consider a donation of this precious gift of life. Donors must be at least 17 years old and weigh more than 110 lbs. Red blood cells expire every 42 days and due to the high demand, the Red Cross continually asks donors to replenish the blood supply (donors can give blood every 56 days).

Find upcoming blood drives below, or call 1-800-GIVE LIFE to locate a blood drive near you. Walk-ins are welcome. If you prefer to make an appointment call 1-800-GIVE LIFE or register online at [www.givelife.org](http://www.givelife.org).



**Wednesday, December 17**

**1:00 PM - 6:00 PM**

Jewish Community Center

**Saturday, December 20**

**1:00 PM - 4:00 PM**

Sam Bucca's Pizza Pub , Harrisburg

**Saturday, December 27**

**11:30 AM - 3:30 PM**

America's Best, Paxton Towne Center, Harrisburg

**Monday, December 29**

**2:30PM - 6:30PM**

Just Right Fitness, Elizabethville

**Wednesday, January 21, 2009**

**11:00 AM - 4:00 PM**

American Red Cross Office, Harrisburg

**Saturday, January 24, 2009**

**10:00 AM - 3:00 PM**

Calvary United Methodist Church, Locust Lane,  
Harrisburg

**Saturday, January 24, 2009**

**10:00 AM - 3:00 PM**

Mohler Senior Center, Cherry Drive, Hershey

**Saturday, January 24, 2009**

**2:00 PM - 6:30 PM**

Farm Show Complex, Cameron Street, Harrisburg

**Tuesday, January 27, 2009**

**1:30PM - 6:30PM**

Gratz Community Center, Gratz

**Wednesday, January 28, 2009**

**12:00 PM - 4:00PM**

MI Windows and Doors

**Saturday, January 31, 2009**

**10:00 AM - 3:00 PM**

Millersburg American Legion, Millersburg



**American  
Red Cross**

*of the Susquehanna Valley*