



Appointment Reminder Card

I signed-up to donate blood. I'll meet the challenge!

Name: _____

Date: _____

Time: _____

Location: _____

My Checklist for Success!

- Eat a Good Meal
- Drink Plenty of Fluids
- Bring Photo I.D.
- Signed Parental Consent Form
- Save a LIFE
- Win the High School Challenge



For more information about donating blood or about the Alaska High School Challenge, visit our website at: www.bloodbankofalaska.org



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