

FOR IMMEDIATE RELEASE

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For more information:

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Blood Drive to Help Combat Shortages – Community Help Needed

La Habra, CA – American First Credit Union will be hosting a community blood drive outside the corporate office at 700 N. Harbor Blvd. in La Habra. The blood drive, conducted by PIH Health, will be on Thursday, October 10, 2013 from 10:00 a.m. to 3:00 p.m. The community is encouraged to participate for this needed resource.

The need for blood locally remains constant, and donations are needed to offset shortages. People can donate a pint of blood every 56 days. Donors are encouraged to eat a meal prior to giving blood and drink plenty of water.

Your single blood donation may help as many as three people. Although more than 50% of the people in our community qualify to be donors, only 5% give regularly. Blood banks depend on the generosity of healthy, volunteer donors.

Anyone 16 and older who is in good health and weighs more than 113 pounds can donate blood. Donors under age 17 must have a written permission slip signed by a parent or legal guardian. A photo I.D. will be required.

To schedule to give blood at American First Credit Union in La Habra, please contact Linda Baghdanov at 562.237.5018.

About American First Credit Union:

Established in 1952, American First Credit Union is a member-owned, full-service financial cooperative serving more than 36,000 members. Membership is open to individuals who live, work, worship, or attend school in Orange County or 16 surrounding cities. To learn more about American First Credit Union, please visit www.amerfirst.org or call 800.290.1112.

To learn more about PIH Health or for information about blood donations, please visit www.pih.net or call 562.698.0811.

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