



# American Red Cross EMPLOYEE BLOOD DRIVE

Whole Blood and Double Red Cell

To make an appointment to donate, please log onto [www.redcrossblood.org](http://www.redcrossblood.org) and enter code **GWIEMP**.

Please bring a photo ID.

## **Before you donate:**

- Drink extra caffeine-free fluids, like water or juice
- Eat a good meal or snacks
- Get plenty of sleep the night before
- No intense exercise or heavy lifting after giving blood

GWINNETT COUNTY  
**HUMAN RESOURCES**

Thursday  
**September 20, 2018**  
9:00am – 3:00pm

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Gwinnett Justice and  
Administration Center  
Second Floor  
Conference Center  
75 Langley Drive  
Lawrenceville, GA

