



Ville de  
**MONT-TREMBLANT**

### **Ten good reasons to give blood on September 16**

The residents of Mont-Tremblant are invited to participate in the blood drive organized by the Mayor of the City of Mont-Tremblant, Mr Pierre Pilon, on Thursday, September 16. The blood drive will be held at Saint-Jovite Church (basement), 940 de Saint-Jovite Street, in Mont-Tremblant, and will be open to donors 1:15 p.m. and 8:00 p.m. The objective for the blood drive is 200 donors.

Need a good reason to give blood? We can give you ten :

1. Every 80 seconds, someone needs blood in Québec.
2. You can improve and save up to four lives with every blood donation!
3. You are contributing to maintaining Quebec's blood reserve at sufficient level. Every year, some 80,000 patients receive blood products.
4. You may also need blood or blood products! The probability that a person will need at least one blood transfusion before the age of 72 is very high.
5. Your blood is a unique and irreplaceable product! There is no substitute for blood and all blood types must be available at all times.
6. You are helping to meet the growing demand from hospital centres. One thousand blood donations per day are needed to meet their needs.
7. Since the need for blood is constant, you can help even more by giving blood every 56 days! Indeed, blood products have a limited shelf life.
8. Giving blood takes about one hour of your time! This simple gesture has a direct impact on the lives of many people.
9. Giving blood will make you feel good! The feeling of helping others is very fulfilling.
10. Pay it forward, give blood!

You are now convinced that your blood donation can make a difference? You can call 1-800-847-2525 or visit Héma-Québec's Web site at [www.hema-quebec.qc.ca](http://www.hema-quebec.qc.ca), *Blood Donation* section, to see whether you are eligible to give blood.