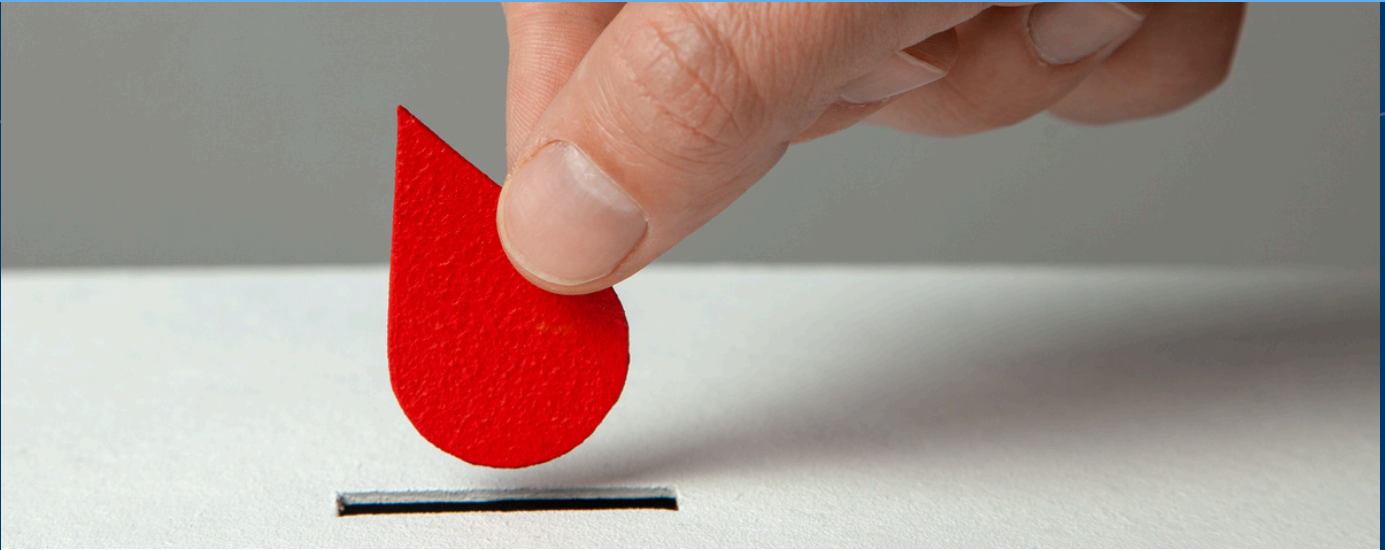


Donating Blood Benefits Everyone!



Well-being Benefits of Donating Blood

Every two seconds, someone in the United States needs blood for surgeries, cancer treatments, childbirth, anemia, serious injuries, blood disorders, and more. Donating blood just once can help save more than one life. It's even more impactful if you can donate regularly!

How donating blood can impact your well-being:

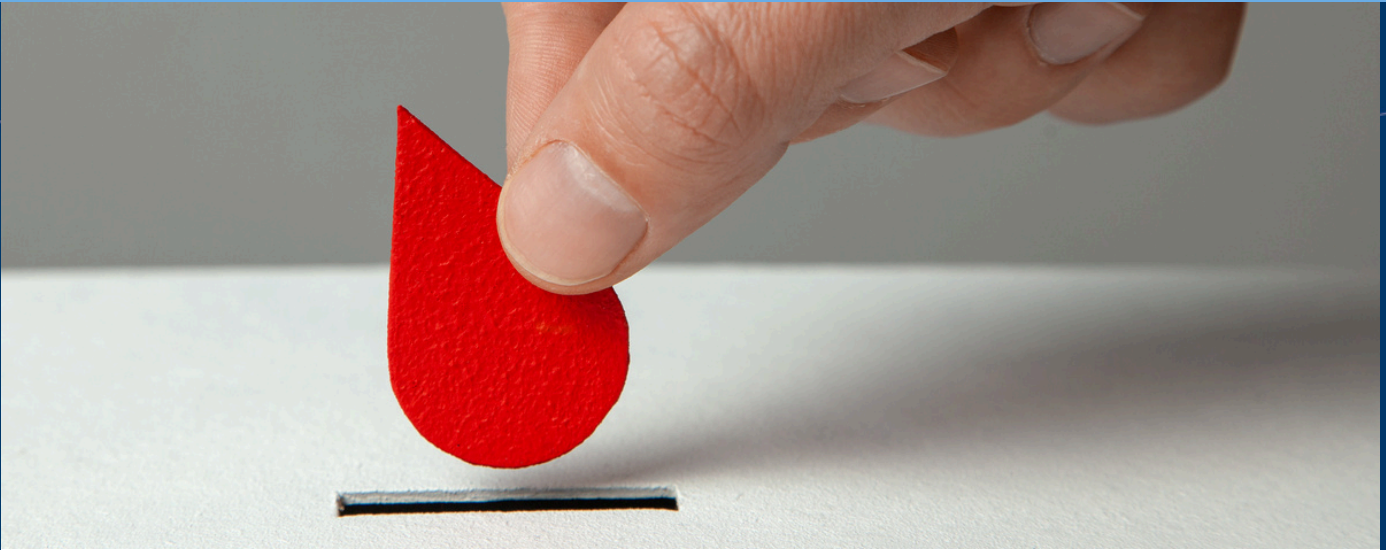
- **Physical well-being:** Improve your blood flow, lower your risk of heart attack and stroke
- **Mental well-being:** Reduce stress and isolation, provide a sense of belonging and satisfaction
- **Social well-being:** Develop friendships with other donors and staff at the donation center

Scan the QR code to see dates and times to schedule your blood donation on JH campuses.



Information provided by the American Red Cross

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