

*Someone's **life** depends on **YOU**.*

Top ten reasons to donate blood

10. You lose weight instantly.
9. You can justify an extra half-hour in bed.
8. You can tell fundraisers that you gave at the office.
7. You get to lie down on the job.
6. You'll have a real excuse not to exercise.
5. You can eat red meat without guilt.
4. You can tell your mother you amounted to something.
3. You can tell your dog that **you** are man's best friend.
2. You get to enjoy awesome refreshments.

And the number 1 reason is:

One day there will be a plea
for volunteers to give blood
for you or someone you love...

...and they will answer the call.

