

Clarkstown Capitals Hockey Club

BLOOD DRIVE



Jeff Cool
Squirt B
Ass't. Coach

Almost 5 years ago, on January 23, 2005, while at work as a NYC firefighter, I was critically injured and required 47 units of blood to keep me alive. I am so thankful to the volunteer blood donors who came out to donate that January before my accident (a time of year when our community blood supply dips dangerously low), so that the blood was there and ready to go when I so desperately needed it. I was a casual donor before my accident, but now I try to donate as often as I can.

We've all heard the saying . . . *GIVE BLOOD, PLAY HOCKEY!*

How about . . . *GIVE BLOOD, SAVE A LIFE!!*

PLEASE JOIN ME AND MY TEAM IN THIS **CRITICAL COMMUNITY SERVICE PROJECT**

Saturday, January 2, 2010
Palisades Center
4th Floor in the Adler Room
(next to the rink)
9:00 am - 3:00 pm

Eat well and drink fluids before donating. Bring I.D.

For more information or to make an appt., please call or e-mail Jeff Cool at rescue3jc@optimum.net or (845) 521-0414

Appointments Preferred but Walk-ins Always Welcome!

 New York Blood Center

