

Los Altos Sunset Rotary Club Breakfast & Blood Drive

Join the group for breakfast, meet a
Rotarian & save lives!

Event Details»

Saturday, August 28

Breakfast:

9:00 a.m. – 10:30 a.m.
Country Gourmet
2098 W. El Camino Real
Mountain View, CA 94040

Blood donation:

10:30 a.m. – 1:00 p.m.
Stanford Blood Center
515 South Drive, Suite 20
Mountain View, CA 94040

To schedule an appointment to donate blood:
visit bloodcenter.stanford.edu and click the red “schedule an appointment” button

To RSVP for breakfast*:
contact Vince Bitz by Friday, August 20th
510-229-2135 or vincebitz@gmail.com

*each person will be responsible for paying his/her own meal

Bring your friends and family!



STANFORD
BLOOD CENTER



Blood donors must:

- » Be at least 17 years of age
- » Weigh at least 110 lbs
- » Be free of cold and flu symptoms (allergies okay; as are most medications)
- » Eat before donating & drink plenty of fluids
- » BRING PHOTO ID

Unfortunately, you will be deferred:

- » If you stayed in the U.K. for a cumulative time of three months or more between 1980 and 1996;
- » If you spent five years or more since 1980 in specified European countries (please call the Resource Nurse);
- » For one year if, within the last twelve months, you traveled to India or certain parts of China, Costa Rica, or Mexico.

Please call or check our Web site for more detailed information.