



Break out your short sleeves to donate blood this spring!

Montréal, March 11, 2024 — Every spring, as soon the weather gets milder, most of us are itching to shed our coats, hats and scarves and don our short sleeves. Why not use this renewed spring in your step to head to the nearest blood drive to donate and share your health with those in need?

To reach this goal, **the Morin-Height Municipality** invites you to the blood drive that will be held on **Wednesday, April 3rd, between 9:30 a.m. and 3:30 p.m. at Chalet Bellevue (Grande Salle)**, located at **27, rue Bellevue, Morin-Heights**. We aim to welcome at least **60 donors** at this event.

Whether you are a regular or a first-time blood donor, have you thought about inviting your friends, work colleagues and family members to follow your lead? Together, you'll help Héma-Québec to pursue its mission which is to meet the daily hospital demand for blood products. Héma-Québec is counting on the generosity of thousands of people.

It is highly recommended to **book an appointment** before coming to a blood drive. You can easily do so online through our **JeDonne app** at <https://jedonne.hema-quebec.qc.ca/>.

Before you come in, be sure to check the eligibility requirements at <https://www.hema-quebec.qc.ca>, under *Donors > Blood > Who Can Donate?* For any specific questions about your situation or to book an appointment by phone, please call our Donor information service at 1-800-343-7264.

About Héma-Québec

Héma-Québec's mission is to efficiently meet the Québec population's needs for blood and other high-quality biological products of human origin. Héma-Québec has over 1,600 employees, more than 200,000 donors of blood, stem cells, mother's milk and human tissues, as well as thousands of blood drive volunteers. Every year, Héma-Québec delivers nearly 800,000 biological products of human origin to Québec's hospitals in order to meet patients' needs.

Give Blood. Give Life.

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GIVE BLOOD. GIVE LIFE.