

Every day, patients who need blood are in crisis and you can help by donating blood.



Give and get your choice of a gift card, a donation to Best Friends Animal Society or bonus points to the rewards store!

Thursday, April 4
10 a.m. to 1 p.m.
Quad-Cities Campus
Health Sciences Center, Room 204

Appointments preferred. Walk ins welcome.

[Schedule an appointment online.](#)

Remember – Get eight hours of sleep and eat a hearty (eggs, meat, leafy greens, fruit) evening and morning meal. To help stabilize your blood pressure, drink lots of water (and minimize caffeine). Your body will lose about two cups of fluid during donation, so being fully hydrated is important.

Hosted by the BHC Student Life Office.

[ImpactLife](#) (formerly Mississippi Valley Regional Blood Center) is the exclusive provider of blood products and services to more than 120 hospitals in Illinois, Iowa, Missouri and Wisconsin. ImpactLife collects blood at 22 fixed site donor centers and at more than 5,000 mobile blood drives held each year.