



Grossmont Trolley Center Blood Drive



Thursday, November 5, 2009
11 AM to 5 PM

**New Trolley Center Parking Lot
8555 Fletcher Parkway #100
La Mesa, Ca 91942**

All donors will enjoy a coupon for:

FREE BreathRx Fresh Breath Kit,
FREE Shampoo and Blow Dry,
FREE Sammy's Messy Sundae (with purchase of menu item)
Raffle ticket for \$50 Banbu Gift Card

When scheduling an appointment online, please log on to
www.sandiegobloodbank.org, click on "appointments" and
provide sponsor code: JDMS
or call 1-800-4MY-SDBB (1-800-469-7322)

JG
JEFF GRAY, DDS
SEDATION & COSMETIC DENTISTRY

JDM
SALON

SAMMY'S
WOODFIRED
PIZZA

Eat Well. Feel Good.

BANBU SUSHI
BAR & GRILL

Please eat a good meal and drink plenty of fluids before donating blood. All donors must show proof of identification.
Please pass this information on to a friend if you have given blood in the last eight weeks.
(16 weeks for double red cell donations).