

# Things that hurt more than giving blood #91:

The day after leg-day.



## BLOOD DRIVE

### WIN A *MIRROR* HOME GYM!

## NYC College of Technology

[Thursday, August 5](#)

[Monday, August 16](#)

**10:00AM – 4:00PM**

**Cafeteria** (entrance at the corner of Johnson St & Jay St)

**259 Adams St – Brooklyn, NY 11201**

*For an appointment, click date link above...*

**Every presenting donor will go into the drawing to win!**

**Visit [nybc.org/sweepstakes](https://nybc.org/sweepstakes) for more info**

*Appointments are preferred however walk-ins will be welcomed if space permits.  
Please remember to eat, drink, and bring your donor ID card or ID with name and photo.  
Masks are required for donors who are not fully vaccinated.  
For full list of COVID-19 safety protocols, please visit [nybc.org/coronavirus](https://nybc.org/coronavirus).*