

WELL BALANCED^o

- JANUARY 2024 -

Blood Donor Month

Be a Hero!



DONATE BLOOD AND SAVE LIVES

If being a superhero is one of your New Year's resolutions, here's your chance! January is National Blood Donor Month, giving you the opportunity to throw on your cape and support those in need. Every drop counts! When you donate blood, your contribution helps patients facing surgeries, accidents, and medical conditions that require blood transfusions. If you're looking for an opportunity to contribute to the well-being of humanity in a powerful way, this simple act can make a world of difference for countless lives.

Benefits of Being a Blood Donor:

- » **Feel-Good Factor:** Experience the joy of knowing you've made a positive impact on someone's life. It sets an example for others around you, inspiring a culture of giving and altruism that can have a lasting impact.
- » **Health Check:** Regular blood donations can help maintain healthy iron levels, reduce the risk of certain diseases, and provide a routine health check as part of the donation process.¹
- » **A Sense of Community:** Donating blood brings people together for a common cause. It's an act of kindness that transcends individual concerns and reflects genuine support for the well-being of the broader community.

DID YOU KNOW?

According to America's Blood Centers, every two seconds, someone in America needs a blood transfusion. Only 3% of Americans currently donate blood, despite 65% being eligible to do so.²

Want more resources on goal setting, behavior change, or cervical health?


Talk to your employer to find out what is available to you through your Employee Assistance Program (EAP) or employee wellness program.

How You Can Get Involved:

- » **Find a Local Blood Drive:** Check for upcoming blood drives within your community. Organizations and blood banks are actively hosting events throughout the month.
- » **Spread the Word:** Encourage friends, family, and colleagues to join the cause. Share your donation experience on social media using #NationalBloodDonorMonth to inspire others.
- » **Educate Yourself:** Learn more about the importance of blood donation and its impact on the greater community. Visit America's Blood Centers for more tools and information.

Make National Blood Donor Month a time of unity, compassion, and life-changing impact. Your act of kindness has a ripple effect on the lives of recipients, their families, and the community. Your generosity can turn the tide for those facing health challenges. Be a hero in 2024 – Donate blood and be a lifeline for someone in need.

1. <https://www.redcross.org/> 2. <https://americasblood.org/>