



Make a pit stop at a blood drive to donate before the summer holidays

Montréal, June 26th, 2024. — As the buzz of summer activities ramps up, Héma-Québec invites you to plan for a date with life. Book an appointment for a blood donation at a drive near you!

When it comes to the hospital demand for blood products, there is no off season. This summer, help Héma-Québec maintain an optimal blood reserve for the Quebec patients in need of transfusions. Add a bit of pep in your step on your way to the holidays by planning a pit stop at one of the blood drives near you.

Morin-Heights invites you to the blood drive that will be held on **Wednesday, July 31st, 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.

— 30 —

Information:

Josée Larivée

Spokesperson and Media Relations Officer

Public Relations and Outreach Department, Héma-Québec

514 832-0871 | josee.larivee@hema-quebec.qc.ca

GIVE BLOOD. GIVE LIFE.