

Blood Donors Invited to SWOSU Drive on Monday and Tuesday

04.04.2014

A blood drive hosted by the Collegiate Activities Board (CAB) will be held this Monday/Tuesday, April 7-8, at the Southwestern Oklahoma State University Wellness Center in Weatherford.

CAB invites faculty, staff, students and the public to donate at this drive that runs from 11 a.m. to 4 p.m. both days.

Donating just once can save up to three lives, according to the Oklahoma Blood Institute, but less than 10 percent of eligible Americans actually donate. Each donor will receive a t-shirt from the Oklahoma Blood Institute.

Helpful tips from the OBI for a successful donation include eating well, getting a good night's sleep, and drinking plenty of fluids before giving blood.

For more information on the blood drive, contact CAB at 580.774.3767.