

Every blood donation makes a lifesaving difference

# Join the Royal Bay's Grad Class to support Canada's Lifeline

Hey donors,  
Please start hydrating 48-24 hours  
before your appointment  
and eat a Big Breakfast!



## To join

1. Download the give blood app and create an account
2. Select the "partners" in the menu
3. Search "Royal Bay Secondary School" and join
4. Book your appointment under "team appointments"

June 8th

12:05 - 1:40 pm

@ Colwood church donation center

School will be running taxis  
to Colwood Church



Take the eligibility quiz

