

**MMH, MHS PARTNER FOR BLOOD DRIVE  
FOR IMMEDIATE RELEASE**

**CONTACT:           Gayla Blanton  
                          MMH Marketing  
                          940-759-6139**

It's Back to School time and Muenster Memorial Hospital, along with Muenster High School Student Council, will be starting the new school year off right with a Community Blood Drive Tuesday, August 14.

"We are excited to partner with MISD on this project," said Gayla Blanton, Director of Marketing for Muenster Memorial. "We hope to see lots of parents donating on behalf of their children, as well as Seniors working toward their Red Cords."

The Texoma Regional Blood Center Mobile Unit will be accepting blood donations from 10 a.m. to 6 p.m. Tuesday in the visitors parking area at Muenster Memorial Hospital.

Requirements for donors include these:

- Must be 17 years of age.
- Must be in good general health and meet all blood donor guidelines.
- Must weigh a minimum of 110 pounds.
- Hemoglobin: 12.5 g/dl or above.
- Temperature must not exceed 99.5

The blood center recommends eating a full meal within four hours of donation, preferably before. They also suggest drinking lots of water or juice before and after donating.

For information on donor criteria or eligibility, contact the Texoma Regional Blood Center at 903.893.4314.