

Pre-Drive Reminder

Subject Line: We look forward to seeing you on <<date>>

Our blood drive with the American Red Cross is coming up, and we have you booked for a <<appointment time>> donation. Thank you so much for being a part of our lifesaving partnership with the Red Cross. By making the commitment to donate blood, you've shown your generosity, and we truly appreciate your support.

Please remember to do the following on the day of the drive:

1. Drink an extra 16 ounces of water or nonalcoholic fluids before your donation.
2. Eat a healthy meal before your donation. Avoid overly fatty foods, such as hamburgers, fries or ice cream.
3. Get a good night's sleep the night before.
4. Enjoy a snack in the refreshment area immediately after donating.
5. Brag about your accomplishment on your social networks. By sharing your story, you can inspire others to donate and we together can be a part of saving more lives in our community.
6. Pat yourself on the back. I'm proud of you, as are so many others.

Thanks for all that you do!

Best wishes,

<< Blood Drive Coordinator signature>>

<< Blood Drive Coordinator name>>

<< Blood Drive Coordinator contact information>>