



## **Giving Blood: a feel good act!**

**Montréal, March 28, 2019** – Do you want to make a difference? Give blood! Donating blood is an act of solidarity that costs nothing, takes only a few minutes of your time and helps save lives.

Mgr Christian Lépine, Archbishop of Montreal, invites you to the Good Friday blood drive to be held on **Friday, April 19, 2019, from 10 a.m. to 6 p.m.**, at the Cathédrale Marie-Reine-du-Monde, located at 1110 Mansfield Street in Montréal. The members of the Héma-Québec team and the volunteers hope to welcome **85** donors.

In Québec, someone needs blood every 80 seconds. Every day, Héma-Québec must collect at least 1,000 blood donations to meet all the needs of Québec hospitals. The collective blood supply belongs to all. Regardless of where the blood is collected, it is processed and tested, and then sent wherever the needs are, wherever it is necessary to contribute to saving lives.

A blood donation takes an average of 60 minutes and you can donate whole blood every 56 days. Make an appointment at one of our four GLOBULE Blood Donor Centres or check for upcoming mobile blood drives on our website: <http://www.hema-quebec.qc.ca>.

### **Who can give blood?**

Anyone in good health, aged 18 years or older, can generally donate blood. Before attending a blood drive, you can verify your eligibility by contacting the Donor Services department at 1-800-847-2525 or by visiting the Héma-Québec Web site at [www.hema-quebec.qc.ca](http://www.hema-quebec.qc.ca), under the section *Blood > Donors > Who Can Donate?*

### **About Héma-Québec**

Héma-Québec's mission is to efficiently meet the needs of the Québec population for quality blood and other biological products of human origin.

Héma-Québec encompasses 1,300 employees and nearly 240,000 blood, stem cell, mother's milk and human tissue donors, in addition to thousands of blood drive volunteers. Each year, Héma-Québec delivers some 750,000 human biological products to Québec hospitals to meet the needs of patients.

**Give blood. Give life.**

- 30 -

### **Information:**

**Héma-Québec**

Media line | 514 832-0871

[www.hema-quebec.qc.ca](http://www.hema-quebec.qc.ca)

**GIVE BLOOD. GIVE LIFE.**