



# CLUB ADVISORY

## No. 32-2025

Please be advised that **the Club will host a bloodletting program** in partnership with **De La Salle University Medical Center** on **July 4, 2025, from 9:00 AM to 3:00 PM**. This initiative is **OPEN to all employees and members of the Club**.

**Members** may sign up at the **HR Office** starting **June 16, 2025, from 8:00 AM to 5:00 PM**. For more information, please contact our **HR Office** at **0917-714-6046**.

### GUIDELINES FOR DONORS:

✓ Open to ages 18-55 years old	
✓ Must be at least 110 lbs. or 50 kgs. in weight	
✓ No tattoo or body piercing	
✓ With at least 6 hours of sleep prior to donation day	
✓ No cough and cold	
✓ No alcohol intake for the past 24 hours at the time of donation	
✓ No history of any disease (i.e. Heart disease, Tuberculosis, etc.)	
✓ No maintenance drugs (i.e. Hypertension, Diabetes, etc.)	
<b>For females:</b>	<b>No menstruation</b> at the time of donation, <b>at least 7 days after</b> the last day of menstruation or <b>before</b> the expected date of menstruation.
<b>Interval since last blood donation must be:</b>	
For MALE	at least <b>3 months</b>
For FEMALE	at least <b>6 months</b>

Thank you for your continued support.