



CLUB ADVISORY

No. 25-2026

Please be advised that **the Club will host a bloodletting program** in partnership with **De La Salle University Medical Center** on **July 8, 2026, 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 18, 2026**, 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.)	
For females:	No menstruation at the time of donation, at least 7 days after the last day of menstruation or before the expected date of menstruation.
Interval since last blood donation must be:	
For MALE	at least 3 months
For FEMALE	at least 6 months

Thank you for your continued support.