



**American  
Red Cross**

# **DONATE BLOOD**

**70%** of African-Americans have type O or B blood –  
the blood types most in demand.

**The Nelson Heritage Center and  
American Red Cross Invite You To:**

**Sickle Cell Lunch and Learn  
Community & Partner Education Event**

**Friday, November 17<sup>th</sup>, 2023  
12:00 – 1:00 pm**

**Nelson Heritage Center  
1653 Thomas Nelson Hwy  
Arrington, VA 22922**

Please RSVP to Alexis Innis [alexis.innis@redcross.org](mailto:alexis.innis@redcross.org)  
Virtual attendance will be available via Teams

Download the Blood Donor App | [redcrossblood.org](http://redcrossblood.org) | 1-800-RED CROSS | 1-800-733-2767