

## NATIONAL BLOOD DONOR MONTH

In the United States, someone uses donated blood every 2 seconds, but only 3% of our population donates every year.

Every one of those donations can go to two or more patients in need of blood. Patients can need blood for many different reasons but over 25% of the US' blood supply goes to patients fighting Cancer and 1 in 83 infant deliveries in the

US need a blood transfusion. Find out more at: [americasblood.org](http://americasblood.org)



EVERY **2**  
**SECONDS**  
someone  
uses blood



NATIONAL  
**BLOOD  
DONOR**  
MONTH



## MENTAL HEALTH CORNER

**START OFF YOUR NEW YEAR BY  
QUITTING SMOKING & VAPING**

Visit [MyLifeMyQuit.org](http://MyLifeMyQuit.org) or text 36072 for FREE confidential help to quit vaping, smoking, or chewing for youth under 18.

Any Kentuckian can get a FREE personal Quit Coach through Quit Now Kentucky by calling 1-800-QUIT-NOW or visiting [QuitNowKentucky.org](http://QuitNowKentucky.org)