

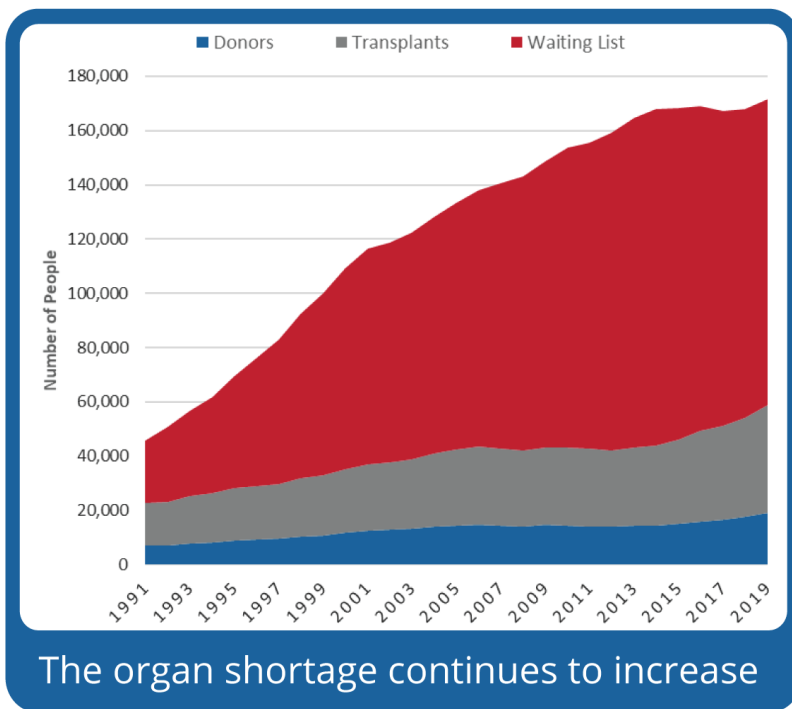
# Wellness Tidbits

April is National Donate Life Month



## THE NEED IS REAL

National Donate Life Month is a time to honor and celebrate those who have received and graciously given organ and tissue donations. While facing a shortage of donors and the urgent need for help, these donations offer a second chance and the hope of healing for those in need. Each person who makes the choice to become a donor could save up to eight lives.



EVERY **9** MINUTES SOMEONE IS ADDED TO A WAIT LIST



ONE DONOR CAN SAVE 8 LIVES



**79** AVERAGE # OF TRANSPLANTS PERFORMED PER DAY

Resource: [www.organdonor.gov](http://www.organdonor.gov)

## Join the Monthly TSHBP Fitbit® Challenge!

### How to Play

- 1) Read this article: <https://bit.ly/2OwmBHB>
- 2) Click the button on the right to answer
- 3) A winner will be chosen randomly from correct responses

### Question

*True or False:*  
I have a medical condition, so I can't be a donor.

**ANSWER FITBIT® CHALLENGE HERE!**



WWW.TSHBP.ORG