Press releases for the New York City April Fools' Day Parade have been issued every year since 1986 to remedy a glaring omission in New York's ethnic & holiday parades: a failure to recognize the importance of April 1st, the day designated to commemorate the folly of mankind (parade has never been held, albeit celebrated.)

Everyone has something they live to see or experience. Whether it’s walking your daughter down the aisle or seeing the Pirates win the World Series, we engage in safe behaviors wherever we are so we can live for those moments. Keep these goals in mind before you engage in a dangerous task and whenever there is a chance to be injured. Additionally, look out for your fellow employees as they have similar aspirations and it only takes one misstep to hamper your quality of life.

Why donate blood? People burn about 650 calories per donation of one pint of blood (equal to running in place for 1 hour). Studies have shown that blood donors are 88% less likely to suffer a heart attack, 33% less likely to suffer any type of cardiovascular event and tend to have a lower rate of cancer than those who do not donate. The theory is that excess iron has a significant impact on the hardening of the arteries & increases iron-catalyzed free radical-mediated oxidative stress (this is bad). When you give blood you are removing ~250mgs of iron from your system, cutting your risk of heart disease & cancer. Also, one pint of whole blood can help save 3 lives and many more if you choose to donate plasma or platelets. Easy decision.

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