

# CONGRATULATIONS YOU JUST READ A LIFESAVING POSTER

Here's how it works. If you're aged 16-30 and in good health, you can fill in a form and do a cheek swab to join the Anthony Nolan stem cell register. And some day, you could be the matching donor someone with blood cancer is searching for.

Best of all? It all starts with one simple cheek swab.

**Without you, there is no cure**

**#LifesaverReady**

**Find out more head to:**

[anthonynolan.org](https://www.anthonynolan.org)



saving the lives  
of people with  
blood cancer

Reg charity no 803716/SC038827  
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