

GIVING BLOOD FEELS GOOD

Every donation can save three lives.

Mobile Blood Service visiting: **Dee Why Surf Club**

Dee Why Beach, The Strand

Tuesday 19 June	1.30pm – 6.30pm
Wednesday 20 June	9.00am – 2.00pm
Thursday 21 June	1.00pm – 6.00pm
Friday 22 June	9.00am – 2.00pm
Saturday 23 June	9.00am – 2.00pm

Drink up! Have 3 or 4 glasses of water or juice in the hours before you donate

Eat! Have a good sized breakfast or lunch

Please bring photo I.D. with you

To make an appointment call **13 14 95**
or visit **donateblood.com.au**

 **Australian Red Cross**
BLOOD SERVICE