

ROLL UP YOUR SLEEVES AND GIVE BLOOD

Mobile Blood Service visiting:

Northern Beaches TAFE

154 Old Pittwater Road, Brookvale

Friday 23 Nov

9.00am – 2.30pm

Saturday 24 Nov

9.00am – 2.30pm

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**