

GIVING BLOOD FEELS GOOD

Every donation can save three lives.

Mobile Blood Service visiting: **Dee Why Beach**

The Strand

Tuesday 13 Aug	9:00am – 2:00pm
Wednesday 14 Aug	1:00pm – 6:00pm
Thursday 15 Aug	1:00pm – 6:00pm
Friday 16 Aug	9:00am – 2:00pm
Saturday 17 Aug	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