

GIVING BLOOD FEELS GOOD

Every donation can save three lives.

Mobile Blood Service visiting: St Leonards Mobile-Gore Hill Oval

Pacific Highway, St Leonards

Tuesday 25 Sept	9.00am – 2.30pm
Wednesday 26 Sept	9.00am – 2.30pm
Thursday 27 Sept	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