

GIVING BLOOD FEELS GOOD

Every donation can save three lives.

Mobile Blood Service visiting: **Royal North Shore Hospital**

Pacific Highway, St Leonards

Tuesday 14 March	9.15am – 3.00pm
Wednesday 15 March	9.15am – 3.00pm
Thursday 16 March	9.15am – 3.00pm

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