

# ROLL UP YOUR SLEEVES AND GIVE BLOOD

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

Pacific Highway, St Leonards

**Tuesday 20 June**

**9.15am – 3.00pm**

**Wednesday 21 June**

**9.15am – 3.00pm**

**Thursday 22 June**

**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](http://donateblood.com.au)

 Australian Red Cross  
**BLOOD SERVICE**