

**“ IT IS BETTER TO GIVE  
THAN RECIEVE”**

Blood levels are currently low and iC health  
wants to do something to help.

Do something special and give blood...



If you do we will give you an extra 2 weeks to  
your current membership

to see if you are eligable to donate go to  
[www.donateblood.com.au](http://www.donateblood.com.au) or call 13 14 95 to  
make an appointment today



( to recieve your FREE 2 weeks when you donate ask the nurse to provide you with a  
donation letter and bring to iC health reception)