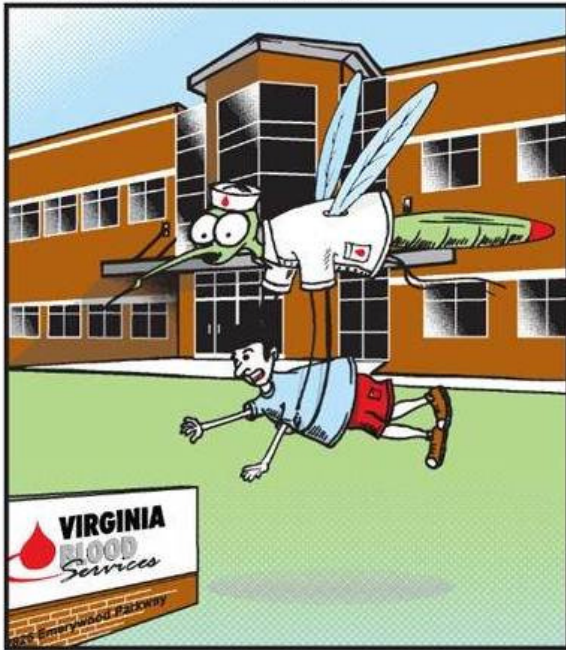


THE FARTHER SIDE OF BLOOD



As summer approaches, VBS resorts to extreme measures for blood donations.



How will you survive the summer? Starve a mosquito and win BIG!

Whether you are planning on taking a trip to the beach or spending time with your friends and family, take time out of your summer vacation to dive right in and be a lifesaver to someone in need. By donating blood you have the opportunity to save a life and win big. VBS will hold weekly prize drawings this summer for survival goods like the iPad®, iPod touch®, movie ticket and theme park packages and much more! Why not starve a mosquito and give your blood to the people who need it the most. Remember, someone's life depends on you.

Learn more online at vablood.org and come see us at the upcoming blood drive below.



Innsbrook Wellness Committee

Blood Drive

[Magellan](#) (4300 Cox Road)

Tuesday, July 26th from 9:00 am -11:30 am

[Berkley Mid-Atlantic](#) (4820 Lakebrook Dr.)

Wednesday, July 27th from 1:00 pm to 3:30 pm

[Snagajob](#) (4880 Cox Rd.)

Thursday, July 28th from 8:30 am to 11:00 am

To sign up go to www.vadonor.com

Questions contact Cindy Swain Brown at cbrown@amfamfit.com