

**Friday, August 2**

- Community Blood Drive | Northpointe Behavioral Health - 11:00am

**Monday, August 5**

- Wake UP Walks with the City of Houghton - 9:00am

**Tuesday, August 6**

- Community Blood Drive | Canal View-Houghton County - 11:00am

**Wednesday, August 7**

- Wake UP Walks with the City of Hancock - 9:00am
- Community Blood Drive | Aspirus Ironwood Hospital - 12:00pm

**Thursday, August 8**

- Community Blood Drive | Elks Lodge, Sault Ste. Marie - 11:00am

**Monday, August 12**

- Wake UP Walks with the City of Houghton - 9:00am
- Community Blood Drive | Trinity Lutheran Church of Newberry - 1:30pm

**Tuesday, August 13**

- Community Blood Drive | UP Regional Blood Center – Doctors Park, Escanaba - 10:00am

**Wednesday, August 14**

- Wake UP Walks with the City of Hancock - 9:00am

**Thursday, August 15**

- Community Blood Drive | United Lutheran Church Crystal Falls - 1:30pm

**Monday, August 19**

- Wake UP Walks with the City of Houghton - 9:00am
- Community Blood Drive | UP Regional Blood Center – Hancock Clinic - 12:00pm

**Tuesday, August 20**

- Community Blood Drive | L'Anse Township Hall - 2:00pm

**Wednesday, August 21**

- Wake UP Walks with the City of Hancock - 9:00am

**Thursday, August 22**

- Community Blood Drive | MyMichigan Medical Center Sault - 12:00pm

**Monday, August 26**

- Wake UP Walks with the City of Houghton - 9:00am
- Community Blood Drive | Somero Enterprises, Houghton - 12:00pm

**Tuesday, August 27**

- Community Blood Drive | Bethany Lutheran Church, Ishpeming - 3:00pm

**Wednesday, August 28**

- Wake UP Walks with the City of Hancock - 9:00am

**Thursday, August 29**

- Community Blood Drive | Aspirus Keweenaw Hospital - 3:00pm

**Community Blood Drive | Northpointe Behavioral Health**

**Time:** 11:00am



Blood is essential to providing lifesaving care for many patients—from a car accident victim to a cancer patient receiving treatment. The Upper Peninsula Regional Blood Center (UPRBC) depends on community donations to supply 13 hospitals across the Upper Peninsula. Donating is quick, easy and safe—a single donation could save up to three lives.

Northpointe Behavioral Health in Kingsford is hosting a free community blood drive:

- **Friday, August 2, 2024 | 11 am – 2 pm EST**

We look forward to seeing you! To learn more or to make an appointment, please contact the UPRBC at 906.449.1450.

**Wake UP Walks with the City of Houghton**

**Time:** 9:00am

A promotional graphic for 'Wake UP Walks'. The background is a blue gradient with a large yellow sun on the right. On the right side, there is a circular inset image showing a person's legs in white sneakers walking on a paved surface. In the center, there is a circular logo for the City of Houghton, Michigan, featuring a fisherman carrying a large fish. The text 'Wake UP Walks' is written in large, white, sans-serif font. Below the logo, it says 'EVERY MONDAY AT 9 AM MEET AT THE HOUGHTON PIER'. At the top left, it says 'JOIN UP HEALTH SYSTEM – PORTAGE & THE CITY OF HOUGHTON'.

**Start your mornings with a Wake UP Walk in Houghton!**

UP Health System - Portage and the City of Houghton are hosting group walks for members of our community, focused on movement and socializing. All participants are encouraged to meet at the **Houghton Pier at 9 am** for the start of the walk. We will continue them every Monday—same time and place—for the duration of the summer. See you there!

Additionally, this year we're are partnering with our local Bigby Coffee. Bigby will provide free brewed coffee after the walk until noon and 50 percent off food purchases **on the** 1st Monday of every month for participants!

**Community Blood Drive | Canal View-Houghton County**

**Time:** 11:00am

# COMMUNITY BLOOD DRIVE



**CANAL VIEW HOUGHTON COUNTY**  
**HANCOCK**



Blood is essential to providing lifesaving care for many patients—from a car accident victim to a cancer patient receiving treatment. The Upper Peninsula Regional Blood Center (UPRBC) depends on community donations to supply 13 hospitals across the Upper Peninsula. Donating is quick, easy and safe—a single donation could save up to three lives.

Canal View-Houghton County is hosting free community blood drives:

- **Tuesday, August 6, 2024 | 11 am – 3 pm EST**
- **Tuesday, February 6, 2024 | 11 am – 3 pm EST**

We look forward to seeing you! To learn more or to make an appointment, please contact Jaye at 906.483.2151.

#### **Wake UP Walks with the City of Hancock**

**Time:** 9:00am

JOIN UP HEALTH SYSTEM – PORTAGE & THE CITY OF HANCOCK

# Wake UP Walks



**EVERY WEDNESDAY AT 9 AM**  
MEET AT THE SCOTT BUILDING  
PARKING LOT

**Start your mornings on a healthy note and join us!**

UP Health System - Portage and the City of Hancock are hosting group walks for members of our community, focused on movement and socializing. All participants are encouraged to meet at the **Scott Building Parking Lot in Hancock at 9 am** for the start of the walk. We will continue them every Wednesday—same time and place—for the duration of the summer. See you there!

**Community Blood Drive | Aspirus Ironwood Hospital**

**Time:** 12:00pm

# COMMUNITY BLOOD DRIVE



**ASPIRUS IRONWOOD HOSPITAL**  
IRONWOOD



Blood is essential to providing lifesaving care for many patients—from a car accident victim to a cancer patient receiving treatment. The Upper Peninsula Regional Blood Center (UPRBC) depends on community donations to supply 13 hospitals across the Upper Peninsula. Donating is quick, easy and safe—a single donation could save up to three lives.

Aspirus Ironwood Hospital is hosting free community blood drives:

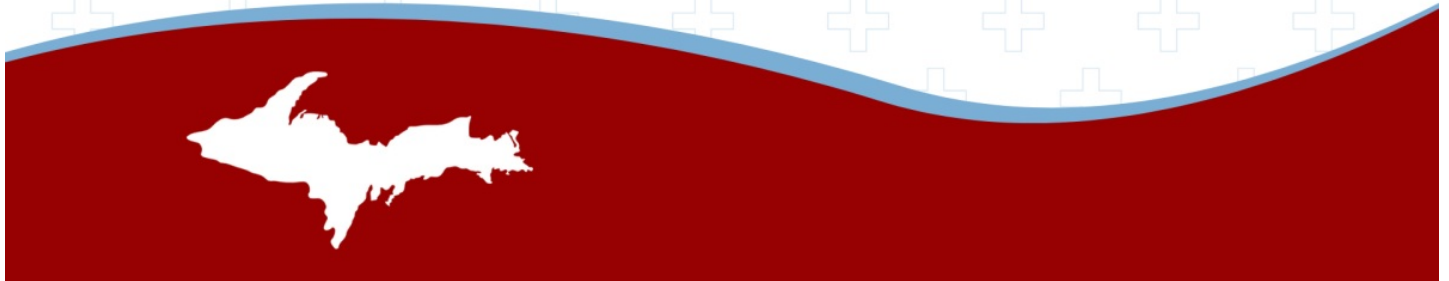
- **Wednesday, August 7, 2024 | Noon – 3 pm EST**
- **Wednesday, June 12, 2024 | Noon – 3 pm EST**
- **Monday, April 15, 2024 | Noon – 3 pm EST**

We look forward to seeing you! To learn more or to make an appointment, please contact the UPRBC at 906.449.1450.

**Community Blood Drive | Elks Lodge, Sault Ste. Marie**

**Time:** 11:00am

# COMMUNITY BLOOD DRIVE



Blood is essential to providing lifesaving care for many patients—from a car accident victim to a cancer patient receiving treatment. The Upper Peninsula Regional Blood Center (UPRBC) depends on community donations to supply 13 hospitals across the Upper Peninsula. Donating is quick, easy and safe—a single donation could save up to three lives.

The Elks Lodge in Sault Ste. Marie is hosting free community blood drives:

- **Thursday, August 8, 2024 | 11 am - 3 pm EST**
- **Thursday, February 8, 2024 | 11 am - 3 pm EST**

We look forward to seeing you! For more information or to make an appointment, contact the UPRBC at 906.449.1450.

**Community Blood Drive | Trinity Lutheran Church of Newberry**

**Time: 1:30pm**

# COMMUNITY BLOOD DRIVE



**TRINITY LUTHERAN CHURCH**  
**NEWBERRY**



Blood is essential to providing lifesaving care for many patients—from a car accident victim to a cancer patient receiving treatment. The Upper Peninsula Regional Blood Center (UPRBC) depends on community donations to supply 13 hospitals across the Upper Peninsula. Donating is quick, easy and safe—a single donation could save up to three lives.

Trinity Lutheran Church of Newberry is hosting free community blood drives:

- **Monday, August 12, 2024 | 1:30 – 5:30 pm EST**
- **Monday, June 17, 2024 | 1:30 – 5:30 pm EST**
- **Monday, April 22, 2024 | 1:30 – 5:30 pm EST**
- **Monday, February 19, 2024 | 2 - 6 pm EST**

We look forward to seeing you! For more information or to make an appointment, contact Cathy at 906.291.1133.

**Community Blood Drive | UP Regional Blood Center – Doctors Park, Escanaba**

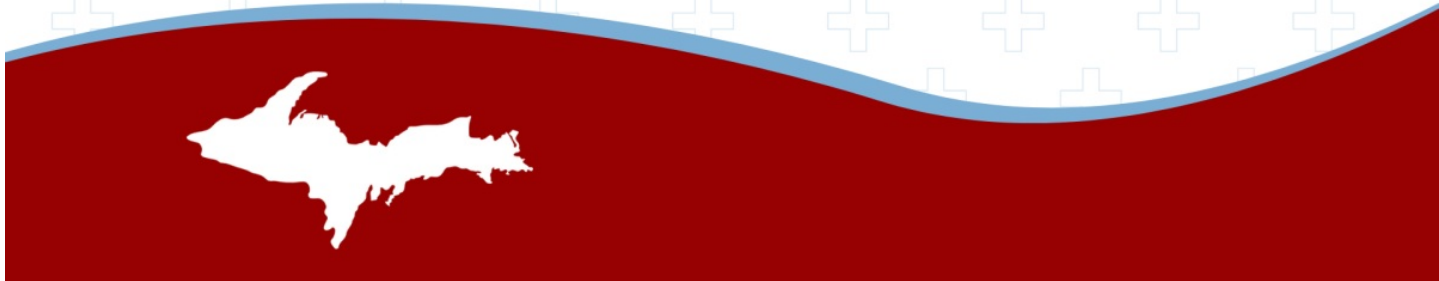
**Time:** 10:00am



# COMMUNITY BLOOD DRIVE



**UP REGIONAL BLOOD CENTER**  
ESCANABA



Blood is essential to providing lifesaving care for many patients—from a car accident victim to a cancer patient receiving treatment. The Upper Peninsula Regional Blood Center (UPRBC) depends on community donations to supply all hospitals across the Upper Peninsula. Donating is quick, easy and safe—a single donation could save up to three lives.

The UPRBC at Doctors Park in Escanaba is hosting free community blood drives:

- **Tuesday, August 13, 2024 | 10 am – 2 pm EST**
- **Wednesday, July 10, 2024 | 10 am – 2 pm EST**
- **Thursday, June 13, 2024 | 10 am – 2 pm EST**
- **Wednesday, May 15, 2024 | 10 am – 2 pm EST**
- **Thursday, April 18, 2024 | 10 am – 2 pm EST**
- **Wednesday, March 13, 2024 | 10 am – 2 pm EST**
- **Tuesday, February 13, 2024 | 10 am – 2 pm EST**

We look forward to seeing you! For more information or to make an appointment, please contact the UPRBC at 906.449.1450.

**Community Blood Drive | United Lutheran Church Crystal Falls**

**Time:** 1:30pm

# COMMUNITY BLOOD DRIVE



**UNITED LUTHERAN CHURCH**  
**CRYSTAL FALLS**



Blood is essential to providing lifesaving care for many patients—from a car accident victim to a cancer patient receiving treatment. The Upper Peninsula Regional Blood Center (UPRBC) depends on community donations to supply 13 hospitals across the Upper Peninsula. Donating is quick, easy and safe—a single donation could save up to three lives.

United Lutheran Church Crystal Falls is hosting free community blood drives:

- **Thursday, August 15, 2024 | 1:30 – 5:30 pm EST**
- **Thursday, June 20, 2024 | 1:30 – 6 pm EST**
- **Thursday, April 25, 2024 | 1:30 – 6 pm EST**
- **Thursday, February 22, 2024 | 1:30 – 6 pm EST**

We look forward to seeing you! To learn more or to make an appointment, please contact the UPRBC at 906.449.1450.

**Community Blood Drive | UP Regional Blood Center – Hancock Clinic**

**Time:** 12:00pm

# COMMUNITY BLOOD DRIVE



**UP REGIONAL BLOOD CENTER**  
HANCOCK



Blood is essential to providing lifesaving care for many patients—from a car accident victim to a cancer patient receiving treatment. The Upper Peninsula Regional Blood Center (UPRBC) depends on community donations to supply all hospitals across the Upper Peninsula. Donating is quick, easy and safe—a single donation could save up to three lives.

The UPRBC Hancock Clinic is hosting free community blood drives:

- **Monday, August 19, 2024 | Noon – 4 pm EST**
- **Thursday, May 30, 2024 | Noon – 4 pm EST**

We look forward to seeing you! For more information or to make an appointment, please contact the UPRBC at 906.483.1392.

**Community Blood Drive | L'Anse Township Hall**

**Time: 2:00pm**

# COMMUNITY BLOOD DRIVE



**L'ANSE TOWNSHIP HALL**  
L'ANSE



Blood is essential to providing lifesaving care for many patients—from a car accident victim to a cancer patient receiving treatment. The Upper Peninsula Regional Blood Center (UPRBC) depends on community donations to supply 13 hospitals across the Upper Peninsula. Donating is quick, easy and safe—a single donation could save up to three lives.

L'Anse Township Hall is hosting free community blood drives:

- **Tuesday, August 20, 2024 | 2 – 6 pm EST**
- **Tuesday, June 25, 2024 | 2 – 6 pm EST**
- **Tuesday, March 5, 2024 | 2 – 6 pm EST**

We look forward to seeing you! For more information or to make an appointment, contact the UPRBC at 906.449.1450.

**Community Blood Drive | MyMichigan Medical Center Sault**

**Time:** 12:00pm

# COMMUNITY BLOOD DRIVE



**MY MICHIGAN MEDICAL CENTER**  
SAULT STE. MARIE



Blood is essential to providing lifesaving care for many patients—from a car accident victim to a cancer patient receiving treatment. The Upper Peninsula Regional Blood Center (UPRBC) depends on community donations to supply all hospitals across the Upper Peninsula. Donating is quick, easy and safe—a single donation could save up to three lives.

MyMichigan Medical Center Sault is hosting free community blood drives:

- **Thursday, August 22, 2024 | Noon – 4 pm**
- **Thursday, June 27, 2024 | Noon – 4 pm**
- **Thursday, May 2, 2024 | Noon – 4 pm**
- **Thursday, February 29, 2024 | 11 am – 3 pm**

To make an appointment, please contact the UPRBC at 906.449.1450.

**Community Blood Drive | Somero Enterprises, Houghton**

**Time:** 12:00pm

# COMMUNITY BLOOD DRIVE



**SOMERO ENTERPRISES, INC**  
HOUGHTON



Blood is essential to providing lifesaving care for many patients—from a car accident victim to a cancer patient receiving treatment. The Upper Peninsula Regional Blood Center (UPRBC) depends on community donations to supply all hospitals across the Upper Peninsula. Donating is quick, easy and safe—a single donation could save up to three lives.

Somero Enterprises is hosting a free community blood drive:

- **Monday, August 26, 2024 | Noon – 4 pm EST**

We look forward to seeing you! For more information or to make an appointment, please contact the UPRBC at 906.449.1450.

**Community Blood Drive | Bethany Lutheran Church, Ishpeming**

**Time: 3:00pm**

# COMMUNITY BLOOD DRIVE



**BETHANY LUTHERAN CHURCH**  
ISHPEMING



Blood is essential to providing lifesaving care for many patients—from a car accident victim to a cancer patient receiving treatment. The Upper Peninsula Regional Blood Center depends on community donations to supply all hospitals across the Upper Peninsula. Donating is quick, easy and safe—a single donation could save up to three lives.

Bethany Lutheran Church in Ishpeming is hosting free community blood drives:

- **Tuesday, August 27, 2024 | 3 – 6 pm EST**
- **Monday, March 25, 2024 | 3 – 6 pm EST**

We look forward to seeing you! For more information or to make an appointment, please contact Doug and Jill at 906.485.4103.

**Community Blood Drive | Aspirus Keweenaw Hospital**

**Time: 3:00pm**

# COMMUNITY BLOOD DRIVE



**ASPIRUS KEWEENAW HOSPITAL**  
LAURIUM



Blood is essential to providing lifesaving care for many patients—from a car accident victim to a cancer patient receiving treatment. The Upper Peninsula Regional Blood Center (UPRBC) depends on community donations to supply 13 hospitals across the Upper Peninsula. Donating is quick, easy and safe—a single donation could save up to three lives.

Aspirus Keweenaw Hospital is hosting free community blood drives:

- **Thursday, August 29, 2024 | 3 – 6 pm EST**
- **Thursday, June 6, 2024 | 3 – 6 pm EST**
- **Thursday, March 14, 2024 | 3 – 6 pm EST**

We look forward to seeing you! To learn more or to make an appointment, please contact Melissa at 906.337.6550.