

MOAB HAPPENINGS

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Save a Life, Give Your Blood!

by Moab Regional Hospital

When is the last time you had the chance to save someone's life? It is not something that most people think about on a daily basis, but is actually quite easy to do, only takes about 30 minutes, and doesn't cost anything. What is it you ask? Giving blood.

Friday, December 8 from 9am-1pm, Moab Regional Hospital is having a blood drive, so what better time to try it! Every three weeks the hospital receives a shipment of blood from St. Mary's Regional Blood Center: 237 units so far this year. The hospital needs blood every minute, every day of the year. It's vital to be prepared for any need that arises.



Think about this: St. Mary's Regional Blood Center must collect approximately 950 units of blood each month to supply the 18 hospitals they serve on the Western Slope of Colorado and Eastern Utah. That is a lot of people stepping up to save a life. Each person is connected by family, friends, work, activities, and community. There is a really good chance that someone you know has donated blood or maybe even received blood. When you donate blood on St. Mary's Bloodmobile, you're taking care of people right here in Moab.



Steps to Donate Blood:

Registration: Stop by Moab Regional Hospital and look for St. Mary's Bloodmobile. All donors will be asked to provide some basic information (name, address, age, etc.) as well as official picture identification.

Medical History & Mini Physical: Donors will respond to a short health questionnaire to determine their eligibility and then a mini physical is conducted which includes heart rate, temperature, blood pressure, hemoglobin.

Donation: During the actual collection, donors recline comfortably in a chair while one pint of blood is drawn. This part of the process only takes about 10 minutes.

Rest & Refreshments: Donors enjoy juice and cookies to help replenish fluids and energy.

Go home and feel good that you have saved lives!

Now that you know a little about donating blood, it is time to try it! Grab your friends & family and head to the bloodmobile Friday, December 8, from 9am-1pm, at Moab Regional Hospital. You will leave knowing that your gift is truly going to save someone's life and they will forever be grateful. It doesn't get much better than that.

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ARCHES NATIONAL PARK & FISHER TOWERS
 11 AM - 30 MINUTE TOUR
 Delicate Arch and other wonders of Arches National Park and the dramatic spires of the Fisher Towers

CANYONLANDS & ARCHES NATIONAL PARKS
 9 AM AND 10 AM - 50 MINUTE TOUR
 All three districts of Canyonlands NP with their vast geologic diversity and the wonders of Arches NP

MONUMENT VALLEY NAVAJO TRIBAL PARK
 8 AM - 2 HOUR TOUR
 Towering rock features of Monument Valley, Canyonlands NP and remote canyon country

REMOTE ARCHES OF CANYONLANDS
 9 AM - 60 MINUTE TOUR
 Six rarely seen massive arches

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