

NATIONAL BLOOD DONOR MONTH

Did you know?

- 1 in 7 patients entering a hospital will need blood.
- 1 in 83 births will need a blood transfusion.
- You can give blood every 56 days. You must be 16 years old and weigh at least 110 pounds to be eligible to give blood. You must also be in good health and feel well.
- Having tattoos does NOT mean that you cannot give blood.
- You can find a Blood Drive and make an appointment to give by visiting RedCrossBlood.org

*Our next Healthy Lifestyle
Change Class starts on January
19th at 12pm.*

*To register go to JuniperHealth.org
and click on "Health and Wellness
Registration."*

NATIONAL
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MONTH



MENTAL HEALTH CORNER

Deep Breathing

Deep breathing is a relaxation technique that helps control symptoms of anxiety, stress, anger. While deep breathing gives in-the-moment relief, there are many long term benefits of practicing deep breathing including reducing muscular tension, strengthening the lungs, reducing chronic pain, and can provide an energy boost.

6 Steps to Deep Breathing

