

Monday, February 5

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

Tuesday, February 6

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

Wednesday, February 7

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

Thursday, February 8

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

Friday, February 9

- Community Blood Drive | Marquette-Alger RESA - 12:00pm

Monday, February 12

- Wake UP Walks with the City of Houghton - 9:00am
- Community Blood Drive | Alger Parks and Recreation Department, Munising - 1:00pm

Tuesday, February 13

- Community Blood Drive | UP Health System – Doctors Park, Escanaba - 10:00am

Wednesday, February 14

- Wake UP Walks with the City of Hancock - 9:00am
- Community Blood Drive | Embers Credit Union, Marquette - 11:00am

Thursday, February 15

- Heart Health by the Numbers - 6:00am
- Community Blood Drive | Rock Bible Church - 1:00pm

Monday, February 19

- Wake UP Walks with the City of Houghton - 9:00am
- Community Blood Drive | Trinity Lutheran Church of Newberry - 2:00pm

Wednesday, February 21

- Wake UP Walks with the City of Hancock - 9:00am
- Community Blood Drive | Engadine High School - 10:00am
- Heart Health by the Numbers - 5:00pm

Thursday, February 22

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

Monday, February 26

- Wake UP Walks with the City of Houghton - 9:00am
- Community Blood Drive | UP Health System – Marquette - 11:00am

Wednesday, February 28

- Wake UP Walks with the City of Hancock - 9:00am
- Community Blood Drive | Negaunee High School - 10:00am

Thursday, February 29

- Community Blood Drive | MyMichigan Medical Center Sault - 11:00am

Wake UP Walks with the City of Houghton

Time: 9:00am



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!

Community Blood Drive | Canal View-Houghton County

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.

Canal View-Houghton County is hosting a free community blood drive:

- **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



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 | Elks Lodge, Sault Ste. Marie

Time: 11:00am



Donate Blood Save Lives

Find a blood drive near you today.

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, February 8, 2024 | 11 am - 3 pm EST
- Thursday, December 14, 2023 | 11 am - 3 pm EST
- Thursday, October 19, 2023 | 11 am - 3 pm EST
- Thursday, August 24, 2023 | 11 am - 3 pm EST
- Thursday, June 22, 2023 | 11 am - 3 pm EST
- Thursday, March 30, 2023 | 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 | Marquette-Alger RESA

Time: 12:00pm



Donate Blood Save Lives

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Marquette-Alger RESA is hosting a free community blood drive:

- **Friday, February 9, 2024 | Noon – 4 pm**

We look forward to seeing you! To learn more or to make an appointment, please contact Jessica at 906.226.5109.

Community Blood Drive | Alger Parks and Recreation Department, Munising

Time: 1:00pm



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The Alger Parks and Recreation Department in Munising is hosting free community blood drives:

- **Monday, February 12, 2024 | 1 - 5:30 pm EST**
- **Monday, December 11, 2023 | 1 - 5:30 pm EST**
- **Monday, October 16, 2023 | 1 - 5:30 pm EST**
- **Monday, August 21, 2023 | 1 - 5:30 pm EST**
- **Monday, June 19, 2023 | 1 - 5:30 pm EST**
- **Monday, April 24, 2023 | 1 - 5:30 pm EST**
- **Monday, February 27, 2023 | 1 - 5:30 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 | UP Health System – Doctors Park, Escanaba

Time: 10:00am



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Doctors Park in Escanaba is hosting a free community blood drives:

- **Tuesday, February 13, 2024 | 10 am – 2 pm EST**
- **Tuesday, December 12, 2023 | 10 am – 2 pm EST**
- **Tuesday, November 14, 2023 | 10 am – 2 pm EST**
- **Tuesday, October 17, 2023 | 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 | Embers Credit Union, Marquette

Time: 11:00am



Donate **Save** Blood **Lives**

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Embers Credit Union in Marquette is hosting free community blood drives:

- **Tuesday, February 14, 2024 | 11 am – 2 pm EST**
- **Tuesday, February 14, 2023 | 11 am – 2 pm EST**

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

Heart Health by the Numbers

Time: 6:00am

[RSVP HERE](#)



Into Your Own Hands

Get a FREE Heart Screening

Book your appointment for a free heart screening (including cholesterol) from 6 – 10 am on February 15 at UPHS – Portage. *Appointments are required—schedule using the link below.*

Heart Health by the Numbers Presentation

5 pm | Wednesday, February 21

The Bonfire | 408 E. Montezuma Ave. in Houghton

Dr. Voice will share tips to improve your heart health, based on the numbers of your free heart screening. The event is free and dinner is provided. Pre-registration is required.



Ronald Voice, MD
Cardiologist



To RSVP, visit UPHealthSystem.com/events.



Community Blood Drive | Rock Bible Church

Time: 1:00pm



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Rock Bible Church is hosting a free community blood drive:

- **Thursday, February 15, 2024 | 1 – 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 | Trinity Lutheran Church of Newberry

Time: 2:00pm



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

- Monday, February 19, 2024 | 2 - 6 pm EST
- Monday, December 18, 2023 | 2 - 6 pm EST
- Monday, October 9, 2023 | 2 - 6 pm EST
- Monday, August 14, 2023 | 2 - 6 pm EST
- Monday, June 12, 2023 | 2 - 6 pm EST
- Monday, April 17, 2023 | 2 - 6 pm EST
- Monday, February 13, 2023 | 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 | Engadine High School

Time: 10:00am



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Engadine High School is hosting free community blood drives:

- **Wednesday, February 21, 2024 | 10 am – 2 pm EST**
- **Tuesday, March 7, 2023 | 10 am – 2 pm EST**

We look forward to seeing you! For more information or to make an appointment, please contact Deb at 906.430.5320.

Community Blood Drive | United Lutheran Church Crystal Falls

Time: 1:30pm



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

- **Thursday, February 22, 2024 | 1:30 – 6 pm EST**
- **Thursday, December 28, 2023 | 1:30 – 6 pm EST**
- **Thursday, November 2, 2023 | 1:30 – 6 pm EST**
- **Thursday, September 7, 2023 | 1:30 – 6 pm EST**
- **Thursday, July 13, 2023 | 1:30 – 6 pm EST**
- **Thursday, May 18, 2023 | 1:30 – 6 pm EST**
- **Thursday, March 23, 2023 | 1:30 – 6 pm EST**
- **Thursday, January 26, 2023 | 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 Health System – Marquette

Time: 11:00am



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UP Health System – Marquette is hosting free community blood drives:

- **Monday, February 26, 2024 | 11 am – 3 pm EST**
- **Wednesday, December 27, 2023 | 11 am – 3 pm EST**
- **Tuesday, October 10, 2023 | 11 am – 3 pm EST**
- **Monday, June 5, 2023 | 11 am – 3 pm EST**
- **Monday, February 6, 2023 | 11 am – 3 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 | Negaunee High School

Time: 10:00am



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Negaunee High School is hosting free community blood drives:

- **Wednesday, February 28, 2024 | 10 am - 2 pm EST**
- **Wednesday, December 6, 2023 | 10 am - 2 pm EST**
- **Wednesday, February 15, 2023 | 10 am - 2 pm EST**

We look forward to seeing you! For more information or to make an appointment, contact Sherri at 906.475.7861.

Community Blood Drive | MyMichigan Medical Center Sault

Time: 11:00am



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MyMichigan Medical Center Sault is hosting free community blood drives:

- **Thursday, February 29, 2024 | 11 am – 3 pm**
- **Thursday, October 26, 2023 | Noon – 3 pm**
- **Thursday, August 31, 2023 | Noon – 3 pm**
- **Thursday, January 12, 2023 | Noon – 3 pm**
- **Thursday, March 9, 2023 | Noon – 3 pm**
- **Thursday, May 11, 2023 | Noon – 3 pm**
- **Thursday, July 6, 2023 | Noon – 3 pm**

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