



News Release

STANFORD UNIVERSITY MEDICAL CENTER

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STANFORD BLOOD CENTER, ELEPHANT PHARM TO SPONSOR 'GRATEFUL LIFE' EVENT

STANFORD, Calif. — Tips on healthy, sustainable living will be the focus of a June 2 event sponsored by the Stanford Blood Center and Elephant Pharm. At the “Grateful Life” event, participants can enjoy free food, live music, demonstrations, a blood drive and a bone marrow registration drive; all blood donors will receive free tie-dyed T-shirts.

The event will take place from noon and 4 p.m. at Elephant Pharm’s Los Altos location at 4470 El Camino Real. It will feature booths and speakers on green products and services, including composting, homeopathy, midwifery and prenatal health. Free blood pressure and hemoglobin testing will be available. Participants also will have a chance to enter drawings for gifts. Samples of Clif bars, Republic of Tea Iced Tea and Mrs. Meyer’s aromatherapy-based products will be handed out.

Residents can also bring their mercury thermometers and outdated or unused medications to the event for safe disposal and free thermometer replacement. Mercury thermometers should be double-sealed in plastic bags, and medications should be in the original container with contact information marked out. No sharps or needle disposal will be available. For more information, visit www.cleanbay.org.

“The Grateful Life event and blood drive will help local patients and the environment and demonstrate how people can live healthier lives,” said Michele Hyndman, spokesperson for the blood center.

Stanford Blood Center is a nonprofit, community-based blood collection and research center that provides donated blood to patients in seven area hospitals. It operates three donation sites in Palo Alto and Mountain View, and has mobile operations throughout the Bay Area.

Elephant Pharm, (www.elephantpharm.com), is a drug store that acts as a bridge between conventional and alternative products and services. Founded in Berkeley, Calif., in 2001, Elephant Pharm’s goal is to help customers make informed decisions about their health. In addition to traditional prescription and herbal medications, the stores also offer lifestyle products ranging from yoga gear to eco-friendly home accessories. Elephant Pharm’s wellness practitioners offer free, one-on-one consultations every day, and visiting experts lead hundreds of free classes and clinics each month.

For more information about the event, call (650) 723-7831 or toll-free (888) 723-7831. Those interested in donating blood should be in good health with no cold or flu symptoms. They must eat well prior to donation, drink fluids and present photo identification at the time of donation. The donation process takes about an hour. For more information or to schedule an appointment online, please visit <http://bloodcenter.stanford.edu>.

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Stanford University Medical Center integrates research, medical education and patient care at its three institutions — Stanford University School of Medicine, Stanford Hospital & Clinics and Lucile Packard Children's Hospital at Stanford. For more information, please visit the Web site of the medical center's Office of Communication & Public Affairs at <http://mednews.stanford.edu>.