

The Visiting Nurse Association (VNA) is offering the following no-cost blood pressure and blood sugar screenings in March:

Blood Pressure and Blood Sugar Screenings:

- March 1 9:00 a.m. – 11:00 a.m. VNA Hidden Treasures 656 21st Street, Vero Beach 32960
- March 6 8:30 a.m. -10:00 a.m. Gifford Youth Activity Center 4875 43rd Ave, Vero Beach 32967
- March 7 9:30 a.m. – 11:30 a.m. VNA Sebastian Hidden Treasures 11646 US Hwy, Sebastian 32958
- March 9 9:00 a.m. – 11:00 a.m. Leisure Square 3705 16th Street, Vero Beach 32960
- March 9 10:00 a.m. – 11:30 a.m. Humane Society Thrift Store 4445 20th Street, Vero Beach 32960
- March 13 9:00 a.m. – 11:00 a.m. VNA Hidden Treasures 656 21st Street, Vero Beach 32960
- March 13 10:00 a.m.- 11:30 a.m. Vincent de Paul Thrift Shop 5480 85th St. Wabasso 32960
- March 14 9:30 a.m. – 11:30 a.m. VNA Hidden Treasures Sebastian 11646 US Hwy 1, Sebastian 32958
- March 14 10:00 a.m. – 12:00 p.m. Habitat for Humanity 4568 N. U.S. Hwy 1, Vero Beach 32967
- March 15 8:30 a.m. -10:00 a.m. Gifford Youth Activity Center 4875 43rd Ave, Vero Beach 32967
- March 15 9:00 a.m. – 11:00 a.m. VNA Hidden Treasures 656 21st Street, Vero Beach 32960
- March 16 9:30 a.m. – 11:30 a.m. VNA Hidden Treasures Sebastian 11646 US Highway 1, Sebastian 32958
- March 16 10:30 a.m. – 12:00 p.m. Operation Hope Thrift Store 12285 Co. Rd. 512, Fellsmere 32948
- March 19 9:00 a.m. – 10:00 a.m. River Park Place 700 3rd Circle, Vero Beach 32962
- March 19 10:30 a.m. – 12:00 p.m. Indian River County Public Library 1600 21st Street, Vero Beach 32960
- March 20 8:30 a.m.- 10:00 a.m. Christi's Family Fitness 1250 Old Dixie Hwy, Vero Beach 32960
- March 21 9:30 a.m. – 11:30 a.m. VNA Hidden Treasures Sebastian 11646 US Highway 1, Sebastian 32958
- March 23 8:45 a.m. – 10:00 a.m. The Source Shelter 1015 Commerce Ave, Vero Beach 32961
- March 26 8:30 a.m.- 10:00 a.m. Sebastian Gym & Fitness 345 Sebastian Blvd, Sebastian 32958
- March 26 9:00 a.m. – 11:00 a.m. VNA Hidden Treasures 656 21st Street, Vero Beach 32960
- March 28 9:00 a.m. – 11:00 a.m. VNA Hidden Treasures Vero 656 21st Street, Vero Beach 32960
- March 28 9:30 a.m. – 11:30 a.m. VNA Hidden Treasures Sebastian 11646 U.S. Hwy. 1, Sebastian 32958

For morning blood sugar tests, you will need to fast from midnight on.

Blood Pressure Screenings:

- March 5 11:00 a.m. – 1:00 p.m. VNA Hidden Treasures 656 21st Street, Vero Beach 32960
- March 6 2:00 p.m. – 3:30 p.m. The Brackett Library 6155 College Lane, Vero Beach 32966
- March 8 10:30 a.m. – 12:30 p.m. VNA Hidden Treasures 656 21st Street, Vero Beach 32960
- March 8 12:00 p.m. – 1:00 p.m. Our Fathers Table Soup Kitchen 4221 28th Ave, Vero Beach 32960
- March 12 11:00 a.m. – 12:00 p.m. "UP Center (Formally Harvest Food & Outreach) 1360 28th Street, Vero Beach 32960
- March 15 12:00 p.m. – 1:30 p.m. South Mainland Library 7921 Ron Beatty Blvd, Sebastian 32976
- March 19 11:00 a.m. – 1:00 p.m. VNA Hidden Treasures 656 21st Street, Vero Beach 32960
- March 21 11:00 a.m. – 12:30 p.m. Second Chance Thrift Store and Training Center 490 Old Dixie Hwy, Vero Beach, 32962
- March 25 8:45 a.m. – 9:45 a.m. St. Elizabeth Episcopal Church 901 Clearmont St., Sebastian, 32958
- March 26 11:00 a.m. – 12:00 p.m. UP Center (Formally Harvest Food & Outreach) 2746 US Hwy. 1, Vero Beach 32960
- March 27 11:00 a.m. – 12:00 p.m. By the River 11065 Ganga Way, #311 Sebastian 32958

About the VNA

The Visiting Nurse Association (VNA), a registered 501(c)(3) non-profit organization, provides home healthcare

services—including Medicare-reimbursed and private-duty nursing; home health aides; physical, speech, and occupational therapy; in-home companions; and personal transportation—throughout Indian River County. The agency is also the only licensed hospice provider in Indian River County, offering end-of-life care in patients' homes, local hospitals, nursing homes and assisted living facilities, and the VNA Hospice House. The VNA also provides community wellness services such as flu vaccinations, no-cost blood pressure/blood sugar screenings, and speakers on health-related topics for local community groups.