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**VNA of Boston to Participate in Mayor's Health and Fitness Walk**  
*Free Blood Pressure, Cholesterol and Body Mass Screenings*



**Boston, MA** – The VNA of Boston (VNAB) is proud to announce they participated in Mayor Thomas Menino's 16<sup>th</sup> Annual Health and Fitness Walk. The 2/3 of a mile walk was held on Tuesday, October 5th from 10:00-2:00pm on the Boston Common and attracted over 500 local seniors.

The VNAB performed free blood pressure, cholesterol and body mass screenings to all interested walkers.

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**About the VNA of Boston**

*Celebrating our 125th year, the Visiting Nurse Association of Boston & Affiliates provides home healthcare through the VNA of Boston, end-of-life support through VNA Hospice Care and private pay services through VNA Private Care. We coordinate superior care across the continuum – for all ages, healthcare needs, and income levels – so that our patients and their families throughout Greater Boston have peace of mind and, most importantly, can live independently at home. For more information, visit [www.bostonvna.org](http://www.bostonvna.org)*