

FOR IMMEDIATE RELEASE

Martin's Super Markets Pharmacies announce *Managing Peripheral Neuropathy* free class schedule.

SOUTH BEND, Indiana (March 20, 2009) — Martin's Super Markets announces the fifth class topic in its 2009 pharmacy-sponsored in-store class schedule, *Managing Peripheral Neuropathy*.

The class will explore in detail the causes, treatments and prevention of peripheral neuropathy, an often devastating long-term complication suffered by those with diabetes.

According to instructor Staci Norman, Pharm.D., CDE and Martin's Pharmacies clinical coordinator, "Peripheral neuropathy is a difficult condition to manage. Symptoms range anywhere from a tingling in the extremities to severe pain. At its worst, the disease can lead to amputation of the affected limbs. This class is structured to increase students' understanding of methods in prevention and management which, in turn, will help them minimize the danger this condition can pose."

Most classes will accommodate up to 25 participants. Sessions are approximately one-hour long, and there is no fee. Those interested in attending are asked to phone or visit their nearest Martin's Pharmacy and pre-register, as class size is limited.

Class dates, times, store locations and Pharmacy phone numbers are:

Apr. 15, Wed. 1:00pm	at Brentwood Senior Living Apartments 3600 E. Bristol St., Elkhart, IN	574-970-0004
Apr. 15, Wed. 3:00pm	720 S. 11 th St., Niles, MI	269-684-1418
Apr. 16, Thurs. 1:00pm	at Robertson's Apartments 211 S. Michigan, South Bend, IN	574-280-7098
Apr. 16, Thurs. 4:00pm	2121 Cleveland Ave., St. Joseph, MI	269-983-5847
Apr. 22, Wed. 2:00pm	3420 E. Market St., Logansport, IN	574-753-2518
Apr. 23, Thurs. 10:00am	926 Erskine Plaza, South Bend, IN	574-299-8844
Apr. 23, Thurs. 2:00pm	865 E. Jefferson St., Plymouth, IN	574-936-7334
Apr. 29, Wed. 10:00am	12850 S.R. 23, Granger, IN	574-807-8234
Apr. 29, Wed. 1:00pm	7355 Heritage Square, Mishawaka, IN	574-807-8222
Apr. 30, Thurs. 1:00pm	1527 Bashor Rd., Goshen, IN	574-533-5600

Martin's Super Markets was founded in 1947 and currently has 20 stores in South Bend, Mishawaka, Granger, Elkhart, Goshen, Plymouth, Nappanee and Logansport, Indiana, and Niles, Stevensville and St. Joseph, Michigan.

Contact: Staci Norman, clinical coordinator, (574) 239-1392 or snorman@martins-supermarkets.com

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