

FOR IMMEDIATE RELEASE

Martin's Super Markets Pharmacies to offer free glucometer and test strips during two-part class series, *Chatting about Checking: Getting the Most Out of Blood Glucose Monitoring.*

SOUTH BEND, IN/March 23, 2009/Martin's Super Markets/ -- Martin's Super Markets announces the fourth class topic in its 2008 pharmacy-sponsored schedule, *Chatting about Checking: Getting the Most Out of Blood Glucose Monitoring.*

The class, consisting of two sessions, is specifically oriented to those who have been diagnosed by their health care provider as diabetic. All registered students will receive a free Abbott blood glucose meter (glucometer) and a 30-day supply of free test strips at Session I. The Freedom, as well as the FreeStyle Lite, will be the free glucometers models featured at Session I. In addition, students will receive detailed instructions on how to use their new meter from Connie Conjalka, Diabetes Sales Representative, Abbott Diabetes Care.

Session II will provide follow-up counseling, as well as offer 50 additional free test strips to those who have attended both sessions and complete the 30 day challenge.

Classes will be directed by Staci Norman, Pharm.D., CDE and Martin's Pharmacies clinical coordinator. According to Norman, overwhelming response to the first two sessions, held last fall, indicated that public interest in this topic warranted a return engagement.

Due to the specialized topic, as well as the personalized instruction participants will receive, each free two-session class will be limited to 10 students. Pre-registration is required, and attendance at both sessions is required for students to qualify for their free glucometer and test strips. Each session will be an hour in length.

Class locations, dates, times and Martin's Pharmacy phone numbers are:

St. Joseph, Michigan	2121 Cleveland Avenue (269) 983-5847	Session I: Mon., April 13 at 5:00pm Session II: Tues., May 12 at 5:00pm
Mishawaka, Indiana	7355 Heritage Square Drive (574) 807-8222	Session I: Wed., April 15 at 5:00pm Session II: Wed., May 13 at 5:00pm
Nappanee, Indiana	242 N. Oakland Avenue (574) 773-7873	Session I: Thurs., April 16 at 10:00am Session II: Thurs., May 14 at 10:00am

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

###