

FOR IMMEDIATE RELEASE

Martin's Super Markets announces *Keep Your New Year's Resolution: How to Eat Healthy, Made Easy!* free class schedule.

SOUTH BEND, Indiana (January 21, 2009) — Martin's Super Markets announces the second class in its 2009 pharmacy-sponsored in-store class series; *Keep Your New Year's Resolution: How to Eat Healthy, Made Easy!*

The class will explore the often difficult task of maintaining a commitment to common resolutions made for the new year that commonly involve diet, exercise and general good health. Although these resolutions are made with the best of intentions, it can sometimes be difficult to find ways to incorporate these changes into a habit-driving lifestyle. This class will help participants learn ways to recognize signs of frustration and regression, as well as offer practical ways to handle the challenges and stresses setbacks can cause. Class sessions will be held at seven area Martin's stores as well as two additional off-site locations, according to instructor Staci Norman, Pharm.D., CDE and Martin's clinical coordinator.

Class size will be limited to 10 to 12 participants. "Feedback from our customers indicates they're looking for guidance and advice about different ways to manage lifestyle changes that many expected to be able to adopt relatively easily," says Norman. "This is the time of year, though, when many find they've 'hit the wall,' and are looking for ways to keep on track and make these positive changes a permanent part of a healthy lifestyle."

Each session is 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:

Feb. 12, Thurs. 1:00pm	at Robertson's Apartments 211 S. Michigan, South Bend, IN	574-280-7098
Feb. 12, Thurs. 4:00pm	2121 Cleveland Ave., St. Joseph, MI	269-983-5847
Feb. 17, Tues. 1:00pm	at Brentwood Senior Living Apartments 3600 E. Bristol, Elkhart, IN	574-970-0004
Feb. 17, Tues. 3:00pm	720 S. 11 th St., Niles, MI	269-684-1418
Feb. 19, Thurs. 10:00am & 6:30pm	926 Erskine Plaza, South Bend, IN	574-299-8844
Feb. 19, Thurs. 2:00pm	865 E. Jefferson St., Plymouth, IN	574-936-7334
Feb. 25, Wed. 10:00am	12850 S.R. 23, Granger, IN	574-807-8234
Feb. 25, Wed. 1:00pm	7355 Heritage Square, Mishawaka, IN	574-807-8222
Feb. 26, 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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