

FOR IMMEDIATE RELEASE

Martin's Super Markets announces *Healthy Steps* class schedule, free pedometers.

SOUTH BEND, Indiana (December 4, 2008) — Martin's Super Markets announces the first class in its 2009 pharmacy-sponsored in-store class series, *Healthy Steps: Managing Diabetes Through Exercise*.

The class will explore the role of exercise in maintaining good health, and will offer class participants practical suggestions for incorporating exercise into everyday activities. Special emphasis will be placed on the role of exercise in the control and management of diabetes. Class sessions will be held at 11 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. "Response to our previous classes on diabetes management and nutrition has been so positive, we're repeating this class topic once again," says Norman. "With the support of Bayer HealthCare, we're able to give each student who pre-registers and attends a free pedometer, a great tool in helping track fitness goals."

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. Only those pre-registered will be guaranteed a free pedometer.

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

Jan. 14, Wed.	4:00pm	2121 Cleveland Ave., St. Joseph, MI	269-983-5847
Jan. 15, Thurs.	10:00am & 6:30pm	926 Erskine Plaza, South Bend, IN	574-299-8844
Jan. 15, Thurs.	2:00pm	865 E. Jefferson St., Plymouth, IN	574-936-7334
Jan. 20, Tues.	1:00pm	at Brentwood Senior Living Apartments 3600 E. Bristol, Elkhart, IN	574-970-0004
Jan. 20, Tues.	3:30pm	720 S. 11 th St., Niles, MI	269-684-1418
Jan. 21, Wed.	10:00am	3420 E. Market St., Logansport, IN	574-753-2518
Jan. 22, Thurs.	10:00am	201 Concord Mall, Elkhart, IN	574-875-9423
Jan. 22, Thurs.	1:00pm	at Robertson's Apartments 211 S. Michigan, South Bend, IN	574-280-7098
Jan. 27, Tues.	10:00am	1530 E. Market St., Nappanee, IN	574-773-7873
Jan. 28, Wed.	10:00am	12850 S.R. 23, Granger, IN	574-807-8234
Jan. 28, Wed.	1:00pm	7355 Heritage Square, Mishawaka, IN	574-807-8222
Jan. 29, 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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