

FOR IMMEDIATE RELEASE

Martin's Super Markets announces *Cool Tools for Counting Carbs: Diet and Diabetes Management Made Easier!* free class schedule.

SOUTH BEND, Indiana (February 19, 2009) — Martin's Super Markets announces the third class in its 2009 pharmacy-sponsored in-store class series; *Cool Tools for Counting Carbs: Diet and Diabetes Management Made Easier!*

The class will offer advice and strategies on how to measure carbohydrates in the foods we eat. Simple kitchen tools and equipment, as well as useful reference sources, will be identified. By class end, participants will have a better idea of how to quickly and effectively assess the carbohydrate count in the foods they and their families eat. Its practical knowledge not only for those looking to control their weight, but also for those diagnosed with diabetes.

Sessions will be held at eight 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.

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:

Mar. 11, Wed. 3:00pm	3420 E. Market St., Logansport, IN	574-753-2518
Mar. 12, Thurs. 1:00pm	at Robertson's Apartments 211 S. Michigan, South Bend, IN	574-280-7098
Mar. 12, Thurs. 4:00pm	2121 Cleveland Ave., St. Joseph, MI	269-983-5847
Mar. 17, Tues. 1:00pm	at Brentwood Senior Living Apartments 3600 E. Bristol, Elkhart, IN	574-970-0004
Mar. 17, Tues. 3:00pm	720 S. 11 th St., Niles, MI	269-684-1418
Mar. 18, Wed. 10:00am & 6:30pm	926 Erskine Plaza, South Bend, IN	574-299-8844
Mar. 18, Wed. 2:00pm	865 E. Jefferson St., Plymouth, IN	574-936-7334
Mar. 25, Wed. 10:00am	12850 S.R. 23, Granger, IN	574-807-8234
Mar. 25, Wed. 1:00pm	7355 Heritage Square, Mishawaka, IN	574-807-8222
Mar. 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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