

FOR IMMEDIATE RELEASE

Martin's Super Markets Pharmacies announce free October class, *Diabetes: A Back-to-basics Primer*.

SOUTH BEND, IN/October 2, 2009/Martin's Super Markets/ -- Martin's Super Markets announces the eighth class topic in its 2009 pharmacy-sponsored schedule, *Diabetes: A Back-to-basics Primer*.

The class will help students gain an understanding of known risk factors for diabetes, key symptoms of the onset of the disease, as well as resources available to those who may be or have recently been diagnosed.

Classes will be hosted by Staci Norman, Pharm.D., CDE and Martin's Pharmacies clinical coordinator. .

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 addresses and Pharmacy phone numbers are:

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|----------------|---------|---|--------------|
| Oct. 8, Thurs. | 1:00pm | at Robertson's Apartments 211 S. Michigan, South Bend, IN | 574-280-7098 |
| Oct. 8, Thurs. | 4:00pm | 2121 Cleveland Ave., St. Joseph, MI | 269-983-5847 |
| Oct. 20, Tues. | 10:00am | 926 Erskine Plaza, South Bend, IN | 574-299-8844 |
| Oct. 20, Tues. | 1:00pm | at Brentwood Senior Living Apartments 3600 E. Bristol St., Elkhart, IN | 574-970-0004 |
| Oct. 20, Tues. | 3:00pm | 7355 Heritage Square, Mishawaka, IN | 574-807-8222 |

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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