

FOR IMMEDIATE RELEASE

Martin's Super Markets Pharmacies announce free May class, *Know Bones About It!: The Role of Nutrition in Osteoporosis*.

SOUTH BEND, IN/March 24, 2008/Martin's Super Markets/ -- Martin's Super Markets announces the fifth class topic in its 2008 pharmacy-sponsored schedule, *Know Bones About It!: The Role of Nutrition in Osteoporosis*.

The class will help students gain an understanding of the role diet, dietary supplements and vitamins can have on both the prevention and management of osteoporosis. Osteoporosis is a condition marked by decreased bone mass, and although it can strike men or women of any age, it is a more common threat to post-menopausal women.

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 and class or open house locations and Pharmacy phone numbers are:

May 8, Thurs.	10:00am	12850 S.R. 23, Granger, IN	574-807-8234
May 8, Thurs.	1:00pm	Robertson's Apartments 211 S. Michigan, South Bend, IN	574-280-7098
May 8, Thurs.	4:00pm	2121 Cleveland Ave., St. Joseph, MI	269-983-5847
May 13, Tues.	1:00pm	242 N. Oakland, Nappanee, IN	574-773-7873
May 13, Tues.	4:00pm	1527 Bashor Rd., Goshen, IN	574-533-5600
May 15, Thurs.	10:00am & 6:30pm	926 Erskine Plaza, South Bend, IN	574-299-8844
May 15, Thurs.	2:00pm	865 E. Jefferson St., Plymouth, IN	574-936-7334
May 20, Tues.	11:15am	at Brentwood Senior Living Apartments 3600 E. Bristol St., Elkhart, IN	574-970-0004
May 20, Tues.	4:00pm	3900 E. Bristol, Elkhart, IN	574-970-0004
May 22, Thurs.	1:30pm	201 Concord Mall, Elkhart, IN	574-875-9423
May 27, Tues.	8:30am	5637 Cleveland Ave., Stevensville, MI	269-429-8441
May 27, Tues.	2:00pm	720 S. 11 th St., Niles, MI	269-684-1418
May 28, Wed.	1:00pm & 6:30pm	7355 Heritage Square, Mishawaka, IN	574-807-8222
May 29, Thurs.	1:00pm	3420 E. Market St., Logansport, IN	574-753-2518

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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