

FOR IMMEDIATE RELEASE

Martin's Super Markets Pharmacies announce free August class, *Heart to Heart: The Roles Cholesterol and Blood Pressure Play in Heart Disease*

SOUTH BEND, IN/July 28, 2008/Martin's Super Markets/ -- Martin's Super Markets announces the sixth class topic in its 2008 pharmacy-sponsored schedule, *Heart to Heart: The Roles Cholesterol and Blood Pressure Play in Heart Disease*.

The class will help students gain an understanding of how and why cholesterol and blood pressure contribute to heart disease. Participants will also learn valuable tips on how to manage high cholesterol and hypertension as well as alternative treatment methods.

Classes will be hosted by Allison Leavitt, Pharmacy Intern.

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:

Aug. 13, Wed.	1:00pm	3420 E. Market St., Logansport, IN	574-753-2518
Aug. 14, Thurs.	1:00pm	at Robertson's Apartments 211 S. Michigan, South Bend, IN	574-280-7098
Aug. 14, Thurs.	4:00pm	2121 Cleveland Ave., St. Joseph, MI	269-983-5847
Aug. 19, Tues.	11:00am	at Brentwood Senior Living Apartments 3600 E. Bristol St., Elkhart, IN	574-970-0004
Aug. 19, Tues.	2:00pm	720 S. 11 th St., Niles, MI	269-684-1418
Aug. 21, Thurs.	10:00am	926 Erskine Plaza, South Bend, IN	574-299-8844
Aug. 21, Thurs.	2:00pm	865 E. Jefferson St., Plymouth, IN	574-936-7334
Aug. 27, Wed.	10:00am	12850 S.R. 23, Granger, IN	574-807-8234
Aug. 27, Wed.	1:00pm	7355 Heritage Square, Mishawaka, IN	574-807-8222
Aug. 28, 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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