

FOR IMMEDIATE RELEASE

Martin's Super Markets Pharmacies announce free April class, *Osteoporosis From A to Z: An Update on Prevention, Diagnosis and Treatment Options*

SOUTH BEND, IN/March 18, 2008/Martin's Super Markets/ -- Martin's Super Markets announces the fourth class topic in its 2008 pharmacy-sponsored schedule, *Osteoporosis From A to Z: An Update on Prevention, Diagnosis and Treatment Options*.

The class will give students tips for helping minimize the threat of osteoporosis, including the importance of diet, exercise, risk avoidance and regular medical care. The importance of bone density tests and screening, as well as a checklist of warning signs, will be explained. Finally, although there is no cure for osteoporosis, students will be briefed on the role of prescription drug treatments in the management and control of the disease once 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 and class or open house locations and Pharmacy phone numbers are:

Apr. 10, Thurs.	10:00am	12850 S.R. 23, Granger, IN	574-807-8234
Apr. 10, Thurs.	1:00pm	Robertson's Apartments 211 S. Michigan, South Bend, IN	574-280-7098
Apr. 10, Thurs.	4:00pm	2121 Cleveland Ave., St. Joseph, MI	269-983-5847
Apr. 15, Tues.	11:00am	at Brentwood Senior Living Apartments 3600 E. Bristol St., Elkhart, IN	574-970-0004
Apr. 15, Tues.	1:00pm	242 N. Oakland, Nappanee, IN	574-773-7873
Apr. 15, Tues.	4:00pm	1527 Bashor Rd., Goshen, IN	574-533-5600
Apr. 16, Wed.	1:00pm	3420 E. Market St., Logansport, IN	574-753-2518
Apr. 17, Thurs.	10:00am & 6:30pm	926 Erskine Plaza, South Bend, IN	574-299-8844
Apr. 17, Thurs.	2:00pm	865 E. Jefferson St., Plymouth, IN	574-936-7334
Apr. 22, Tues.	8:30am	5637 Cleveland Ave., Stevensville, MI	269-429-8441
Apr. 22, Tues.	2:00pm	720 S. 11 th St., Niles, MI	269-684-1418
Apr. 22, Tues.	4:00pm	3900 E. Bristol, Elkhart, IN	574-970-0004
Apr. 23, Wed.	10:00am	201 Concord Mall, Elkhart, IN	574-875-9423
Apr. 23, Wed.	1:00pm & 6:30pm	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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