

## FOR IMMEDIATE RELEASE

**Martin's Super Markets Pharmacies announce free October class, *Diabetes: A Back To Basics Primer*.**

**SOUTH BEND, IN/September 22, 2008/Martin's Super Markets/** -- Martin's Super Markets announces the eighth class topic in its 2008 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 and class or open house locations and Pharmacy phone numbers are:

Oct. 9, Thurs.	1:00pm	at Robertson's Apartments 211 S. Michigan, South Bend, IN	574-280-7098
Oct. 9, Thurs.	4:00pm	2121 Cleveland Ave., St. Joseph, MI	269-983-5847
Oct. 15, Wed.	1:00pm	3420 E. Market St., Logansport, IN	574-753-2518
Oct. 16, Thurs.	10:00am	926 Erskine Plaza, South Bend, IN	574-299-8844
Oct. 16, Thurs.	2:00pm	865 E. Jefferson St., Plymouth, IN	574-936-7334
Oct. 21, Tues.	1:00pm	at Brentwood Senior Living Apartments 3600 E. Bristol St., Elkhart, IN	574-970-0004
Oct. 21, Tues.	2:00pm	720 S. 11 <sup>th</sup> St., Niles, MI	269-684-1418
Oct. 23, Thurs.	1:00pm	242 N. Oakland, Nappanee, IN	574-773-7873
Oct. 29, Wed.	10:00am	12850 S.R. 23, Granger, IN	574-807-8234
Oct. 29, Wed.	1:00pm	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](mailto:snorman@martins-supermarkets.com)**

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