

FOR IMMEDIATE RELEASE

Martin's Super Markets Pharmacies announce free September class, *Take It To Heart: Preventing and managing heart disease.*

SOUTH BEND, IN/August 25, 2009/Martin's Super Markets/ -- Martin's Super Markets announces the seventh class topic in its 2009 pharmacy-sponsored schedule, *Take It To Heart: Preventing and managing heart disease.*

The class is specifically oriented to those who want to learn more about ways they can prevent heart disease. In addition, the class will explore various methods of managing the condition after diagnosis, including diet, exercise and doctor-prescribed medications.

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

Classes are free, but pre-registration is suggested, as attendance is limited. The class will last approximately one hour.

Class locations, dates, times and Martin's Pharmacy phone numbers are:

Sept. 10, Thurs.	1:00pm	at Robertson's Apartments	574-280-7098
		211 S. Michigan, South Bend, IN	
Sept. 10, Thurs.	4:00pm	2121 Cleveland Ave., St. Joseph, MI	269-983-5847
Sept. 15, Tues.	10:00am	926 Erskine Plaza, South Bend, IN	574-299-8844
Sept. 15, Tues.	1:00pm	at Brentwood Senior Living Apartments	574-970-0004
		3600 E. Bristol St., Elkhart, IN	
Sept. 15, Tues.	3:30pm	720 S. 11th St., Niles, MI	269-684-1418

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

###