

## FOR IMMEDIATE RELEASE

**Martin's Super Markets Pharmacies announce free September class, *The ABCs of Labeling: How to Decipher the Fine Print.***

**SOUTH BEND, IN/August 25, 2008/Martin's Super Markets/** -- Martin's Super Markets announces the sixth class topic in its 2008 pharmacy-sponsored schedule, *The ABCs of Labeling: How to Decipher the Fine Print.*

The class will help students gain an understanding of how food and drug labeling is organized and displayed, the meaning of various categories and ingredients listing orders, as well as key elements to note if dietary or medical issues are a factor in a diet plan.

The class will also include a guided store tour, with an emphasis on how various store departments generate and display product labeling information.

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:

Sept. 11, Thurs.	1:00pm	Robertson's Apartments 211 S. Michigan, South Bend, IN	574-280-7098
Sept. 11, Thurs.	4:00pm	2121 Cleveland Ave., St. Joseph, MI	269-983-5847
Sept. 16, Tues.	11:00am	at Brentwood Senior Living Apartments 3600 E. Bristol St., Elkhart, IN	574-970-0004
Sept. 16, Tues.	4:00pm	3900 E. Bristol, Elkhart, IN	574-970-0004
Sept. 17, Wed.	10:00am	7355 Heritage Square, Mishawaka, IN	574-807-8222
Sept. 18, Thurs.	10:00am	926 Erskine Plaza, South Bend, IN	574-299-8844
Sept. 18, Thurs.	2:00pm	865 E. Jefferson St., Plymouth, IN	574-936-7334
Sept. 23, Tues.	10:00am	201 Concord Mall, Elkhart, IN	574-875-9423
Sept. 23, Tues.	2:00pm	720 S. 11 <sup>th</sup> St., Niles, MI	269-684-1418
Sept. 24, Wed.	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](mailto:snorman@martins-supermarkets.com)**

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