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## FOR IMMEDIATE RELEASE

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### Local Grocery Stores Present New Opportunity for Diabetes Patients

Salt Lake City, UT (March 30, 2011) – A new diabetes education and nutrition program is being offered **free of charge** to interested patients and caregivers at select Associated Food Stores along the Wasatch Front.

These in-store events provide people impacted by diabetes with a unique opportunity to learn how to better manage the disease and learn about shopping and menu choices to improve health.

Each class is led by a specially trained Diabetes Care Pharmacist and a Registered Dietician. The class begins with a Pharmacist-led Diabetes presentation regarding diabetes, proper testing, and medication adherence. The Registered Dietician teaches food options, portion sizes, and nutrition label decoding. The majority of the class is spent walking through the store.

According to Registered Dietician, Harmony Mitchell, “This class is different than your typical diabetes education class because it is interactive. We teach in a hands-on environment. We have the advantage of offering a grocery store shopping experience to reinforce nutrition training.”

Space at each class is limited and requires registration. Interested individuals may contact any Dan’s, Dick’s Market, Macey’s or Fresh Market Pharmacy for details. Online registration is preferred at [www.afstores.com/DiabetesReg](http://www.afstores.com/DiabetesReg).

#### Currently Scheduled Classes

Wednesday, March 30, 2011, 2:00pm, Bountiful Fresh Market (535 S 200 West, Bountiful)  
Thursday, April 7, 2011, 6:00pm, Provo Maceys (1402 North State St., Provo)  
Saturday, April 16, 2011, 10:00am, Foothill Dan's (1360 South Foothill Dr., Salt Lake City)  
Thursday, April 21, 2011, 2:00pm, Provo Fresh Market (560 West Center St., Provo)  
Wednesday, April 27, 2011, 6:00pm, Salt Lake Fresh Market (1638 South 900 East, Salt Lake City)  
Tuesday, May 3, 2011, 2:00pm, Providence Maceys (50 North Highway 165, Providence)  
Thursday, May 12, 2011, 2:00pm, East Salt Lake Fresh Market (2040 South 2300 East, Salt Lake City)  
Wednesday, May 18, 2011, 6:00pm, Murray Fresh Market (5632 South 900 East, Murray)  
Tuesday, May 24, 2011, 2:00pm, Tooele Maceys (972 North Main Street, Tooele)  
Thursday, June 2, 2011, 2:00pm, South Ogden Fresh Market (5691 South Harrison Blvd., Ogden)  
Tuesday, June 7, 2011, 2:00pm, West Valley Fresh Market (3420 South 5600 West, Salt Lake City)  
Thursday, June 16, 2011, 2:00pm, Salt Lake Fresh Market (898 East 3300 South, Salt Lake City, UT)  
Wednesday, June 22, 2011 2:00pm, Centerville Dick's (350 East Pages Lane, Centerville)

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Associated Food Stores is an independent retailer-owned warehouse based in Salt Lake City, Utah, which provides products and services to more than 500 grocers throughout the Intermountain West. Associated Food Stores can be found on the internet at [www.afstores.com](http://www.afstores.com).

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