

Diamond Post



April

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April Observances



Move More Month

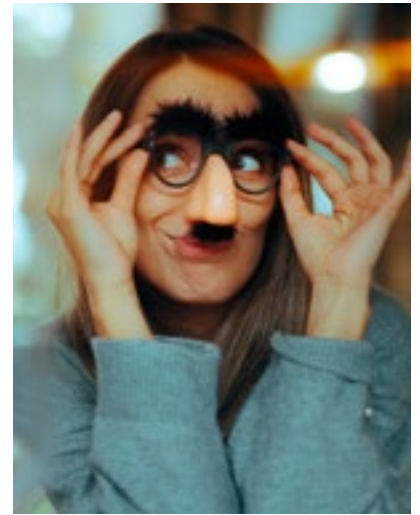
As the weather warms up and flowers start to bloom, there's no better time to get out and get moving!

April Fools' Day - 1st

"Knock, Knock"

"Who's There?"

Great deals at Diamond Drug store and Medical Supply!



National Student Athlete Day - 6th

Celebrate with 20% off Braces and Tape!

April Observances



World Health Day - 7th
Prioritize your health, not just this day but everyday!

National Gardening Day - 14th

Take 20% off backjoy kneelers from Diamond Medical Supply. Garden without any pain!



Earth Day - 22nd
Reduce, Reuse, and Recycle. Do something extra today to help keep our planet healthy!

Drug Store Specials

670 Philadelphia Street 724.465.4200 Mon-Fri: 8am-6pm, Sat. 9am-3pm



Easter Decor - On Sale!



Clearance - On Sale!



Umbrellas - On Sale!



Garden Decor - National Gardening Day!



Scentco Items! -New Items!



Flower Items - On Sale!



Bird Items - On Sale!



Prepare for Spring with Diamond Drugs!

- 25% Off Umbrellas

- 50% Off Easter Items

- 25% Off Clearance Items

- 25% Off Bird and Flower Items

Medical Supply Specials



Best Medical Supply

Check out our great sales at Diamond Medical Supply!
- 20% Off Back Joy Kneelers
- 20% Off Braces and Tape
- 20% Off Medication Organization



BackJoy Kneelers - On Sale!



Medicine Organizers - On Sale!



Sports Tape - On Sale!



Mobility Aids - Move More Month



Shoes - Step into Spring!



1354 Oakland Avenue 724.349.2830 Mon-Fri: 9am-5pm, Sat. 9am-1pm



April Fools' Jokes



Why is everyone so tired on April 1st?
Because they just finished a 31 day March!



What do you call an overflowing toilet on April Fools' Day?
A septic prank!



What monster has the most fun on April Fools' Day?
Prank-enstein!



Did you hear about the guy who swapped the labels on pumps at the gas station?
It was an April Fuels' joke!



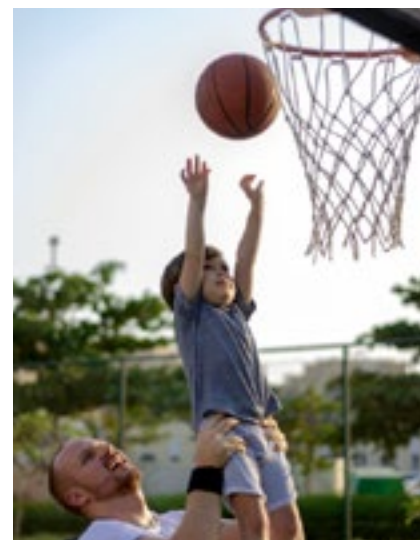
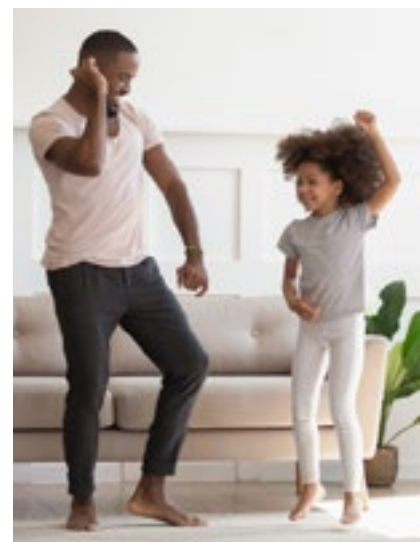
Why shouldn't you tell ducks jokes on April Fools' Day?
They'll quack up!

Move More Month



How to Move More Anytime, Anywhere!

- Make active chore cards. Let each family member draw a card each day with a different active task that needs to be done. Cleaning up after dinner, walking the dog, taking the trash out, folding laundry and unloading the dishwasher are all good ways to get your family up off the couch — and get the chores done.
- Clear some space, put on some music and take a dance break! It can re-energize a study session, lazy Sunday or game night. Let each person take a turn as DJ so everyone's favorites get played.
- Put the screens on hold. Instead of heading right for the TV or game console after dinner, make that family activity time. Take a walk, practice a sport or play a game of hide-and-seek.
- Tune into fitness during TV time. Walk or jog in place or on a treadmill, lift weights or do yoga while you watch your favorite shows. Break up a TV binge with a bit of activity between episodes. Or challenge each other to see who can do the most burpees, push-ups or jumping jacks during commercial breaks.
- Shake up your family's routine. Join your kids for a bike ride or shoot some hoops before starting homework and chores. You'll all feel better and think better.
- Play with pets. Throw a ball or stick for the dog to fetch. Lead the cat on a string chase around the house.
- Make family game night active. Games like Twister, charades and hide-and-seek can get your family moving without even noticing!
- Keep a list of kid-friendly activities handy. That way, you have solutions available anytime for when you hear, "I'm bored."
- Choose active toys for your kids. Balls, skateboards, hula hoops and jump ropes can all encourage your kids to move their bodies.
- Keep exercise equipment out. If it's always within reach, or visible as a reminder, you will be encouraged to do a quick workout.
- Swap out the TV for music as your background noise. Always make sure it's something that inspires you to get up and move.



Clearance Corner

Get ready for one of our best deals yet! All clearance will be discounted an extra 25%! Treat yourself to something new for a fraction of the price!



Self Care Bundle



April 5th is National self care day. Take a break with some of Diamond Drug Store's great stress relief and self care products!





Candle Of The Month

Fresh Strawberry

Rich strawberry notes are sure to remind you of fruit stands and farmers markets!



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