

Diamond Post *April*



**BREATHE EASIER THIS POLLEN SEASON
NAVIGATE PEAK POLLEN LIKE A PRO**

**SPRING CLEAN YOUR MEDS
BRING THEM TO TAKE BACK DAY**

**LOVE THE EARTH
PROTECT OUR PLANET**

**VOL. 69
APRIL 2026**



DRUG STORE



April Specials

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



25% off Garden Items



25% off Ladies Spring Scarves & Umbrellas



Scent Of The Month



30% off Purple Candles

This April, we're bringing a splash of color and savings to your home with a special promotion on one of our most popular items. All purple candles are officially 30% off for the entire month making it the perfect time to stock up on your favorite calming, elegant, and beautifully scented selections. Whether you enjoy using candles for relaxation, ambiance, or decoration, this seasonal discount offers a great opportunity to refresh your collection just in time for spring.

Purple candles have long been associated with tranquility, creativity, and peaceful energy, making them a wonderful addition to any room in your home. With a variety of styles, sizes, and fragrances available, you'll find options that help brighten your space, enhance quiet evenings, or add a thoughtful touch to your décor. And with such a generous discount, many customers enjoy using April as their moment to explore new scents or purchase gifts for upcoming celebrations.

Don't miss out, this once-a-year purple-candle sale is available only through the end of April. Whether you're shopping for yourself or picking out something special for someone else, now is the perfect time to enjoy beautiful candles at a great value. Stop in, browse our selection, and take advantage of the 30% savings before the month ends!

STEP INTO THE SUNSHINE

This month arrives with the promise of renewal, bringing longer days, blooming landscapes, and a refreshing sense of new beginnings. As spring settles in, the weather becomes milder, encouraging people to spend more time outdoors and reconnect with seasonal routines. The month naturally inspires a reset, whether that means organizing at home, refreshing personal wellness habits, or simply enjoying the bright colors and optimism that come with early spring.

April carries a cheerful energy, from lighthearted moments like April Fools' Day to the simple joy of watching flowers bloom and trees come back to life. It's a season that invites growth, clarity, and a renewed focus on well-being. Whether people use this time to refresh their space, recommit to personal goals, or simply enjoy the shift into warmer weather, April 2026 offers a gentle reminder that brighter days are ahead.

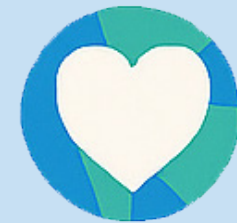


April: New Month, New Energy.



April Fools' Day

A light-hearted day on April 1st that brings playful jokes and fun surprises to kick off the month with a smile.



World Health Day

Taking place on April 7th, this global observance highlights important health topics and encourages everyone to take small steps toward better wellbeing.



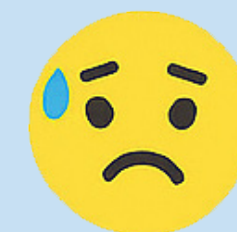
Public Health Week

Starting April 6th-12th, this week long recognition focuses on strengthening community health through education, prevention, and awareness.



Donate Life Month

A month dedicated to honoring organ, eye, and tissue donors while encouraging others to learn about the life-saving impact of donation.



Stress Awareness Month

A nationwide observance that promotes understanding stress, learning healthy coping strategies, and recognizing the importance of mental wellness.

Peak Pollen Season: How to Help Ease Your Symptoms

As we move deeper into peak pollen season, the air becomes filled with higher concentrations of tree, grass, and weed pollen, making allergy symptoms more noticeable for many people. During this time, it's common to experience sneezing, itchy or watery eyes, nasal congestion, runny nose, a scratchy throat, and even fatigue as the body reacts to the increased pollen in the environment.



Keep Track of Daily Pollen Counts

Check your local pollen forecast each morning and try to limit time outside when it is high.



Shower & Change Clothes After Being Outside

A quick rinse and outfit change can reduce the amount of pollen you bring inside.



Keep Windows Closed when You Can

While fresh air is tempting, open windows can let pollen drift inside. Using AC can help filter this.



Use Air Purifiers

Air purifiers can help remove pollen from frequently used indoor spaces.



Consider Over The Counter Remedies

Antihistamines, nasal sprays, and eye drops can be used as relief, as long as they are used as directed.



Keep Surfaces & Floors Clean

Regular dusting and vacuuming helps keep pollen from accumulating.



Wear Sunglasses Outside

Sunglasses can help shield your eyes from airborne allergens and pollen.



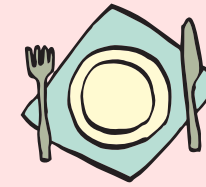
Stay Hydrated

Drinking plenty of water helps thin mucus and may help ease congestion.

Heartburn & Digestive Health With The Spring Weather

Spring eating like barbecues, sports events and all of those on the go meals, can lead to heartburn, bloating and general digestive discomfort.

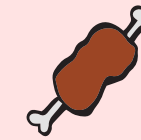
Tips to Help Prevent Heartburn



Eat Smaller Meals.



Avoid laying down after eating.



Limit fried, spicy, citrus, or high fat foods.



Choose a lighter grilled option.

Antacids: When They Help & When They Don't



Helpful: For occasional use, mild heartburn, or discomfort after triggering foods.

Not Helpful: When symptoms happen more than twice a week, when swallowing issues occur or keep returning. You may want to check with your doctor.

Food to Avoid or Limit



Fried or high fat foods like fries, onion rings, or fried chicken wings.



Spicy foods like salsas, chili, hot sauce or hot peppers.



Carbonated drinks like soda, sparkling waters, seltzers or energy drinks.



Excessive caffeine or alcohol use.



DIAMOND
DRUG STORE

Drug Take Back Day

Saturday, April 26

10am - 2pm

670 Philadelphia Street



Bring your unused/unwanted or expired medication to Diamond Drug for safe disposal on Take Back Day.
No questions asked.

Easter 2026



When is Easter 2026?

Holy Week:

Palm Sunday March 29th

Holy Thursday: April 2nd

Good Friday: April 3rd

Easter: April 5th

Religious Significance

Easter is one of the most important days in Christianity. It celebrates the resurrection of Jesus Christ, the foundation of Christian belief.

Interesting Facts

Easter 2026 is 15 days earlier than Easter 2026.

Easter 2026 is considered a mid-season Easter, meaning spring weather should be in full swing across much of the US.

Why the date change?

The date of Easter moves every year because it is determined by the first Sunday after the first full moon following the spring equinox. This method was set by the Council of Nicaea in 325 CE.

Traditions

Many families celebrate a blend of religious and springtime traditions including:

- Church Services
- Easter Egg Hunts
- Ester baskets
- Decorating Eggs
- The Easter Bunny





Earth Day 2026



When is Earth Day 2026?

Earth Day is always celebrated on April 22nd.

What is Earth Day?

- Climate Resilience
- Restoration of Environmental Protection
- Plastic Pollution
- Clean Air & Clean Water Accessibility

Earth Day Activities

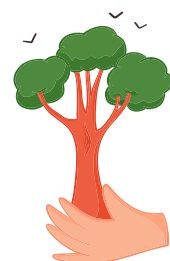
- Community Cleanups
- Tree Planting & Reforestation efforts
- River, Park & Beach Cleanups
- Peaceful Demonstrations & Marches

Global Theme For 2026

The official theme is “Our Power, Our Planet”. This theme is a call for communities, individuals, organizations, and policymakers to reclaim their voice and push for environmental protections, especially in response to environmental rollbacks observed in 2025.

Planet VS. Plastics

- Reducing Single-Used Plastics
- Increase Awareness of Microplastics
- Promoting Extended Producer Responsibility
- Education About The Plastic Waste Lifecycle



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Diamond Drugs

Email us at:

marketing@diamondpharmacy.com

We appreciate your continued loyalty and the confidence you place in our pharmacy. Our team remains dedicated to providing the personalized care and dependable service you deserve. Thank you for choosing us, wishing you a safe, healthy, and uplifting April!

Next Issue

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