

# Diamond Post July

**STARS, STRIPES  
& SELF-CARE**

**YOUR WELLNESS  
MATTERS THIS 4TH!**

**YOUR HEALTH,  
YOUR FREEDOM**  
**HAPPY 4TH OF JULY!**

**VOL. 60  
JULY 2025**

**CELEBRATE  
SMART**

**SAVE BIG ON SUMMER  
PARTY FAVORITES!**

**STAY COOL, STAY  
HEALTHY**

**YOUR SUMMER  
WELLNESS STARTS  
HERE!**



# CELEBRATE JULY DAYS

**POSTAL WORKER DAY**  
**JULY 1**

**7-ELEVEN DAY**  
**JULY 11**

**PET FIRE SAFETY DAY**  
**JULY 15**

**PLAY OUTSIDE DAY**  
**JULY 19**

**EVERYBODY DESERVES A MASSAGE WEEK**  
**JULY 7-11**

**GRILLING MONTH**  
**JULY**

**PICNIC MONTH**  
**JULY**

**ICE CREAM MONTH**  
**JULY**

*As we gather with loved ones to celebrate Independence Day, we're reminded that true freedom starts with good health. This month, we're proud to offer special savings and summer wellness tips. Whether you're traveling, hosting or just relaxing at home, we're here to support you with personalized service and community care.*

*- Your Friends at Diamond Drugs*



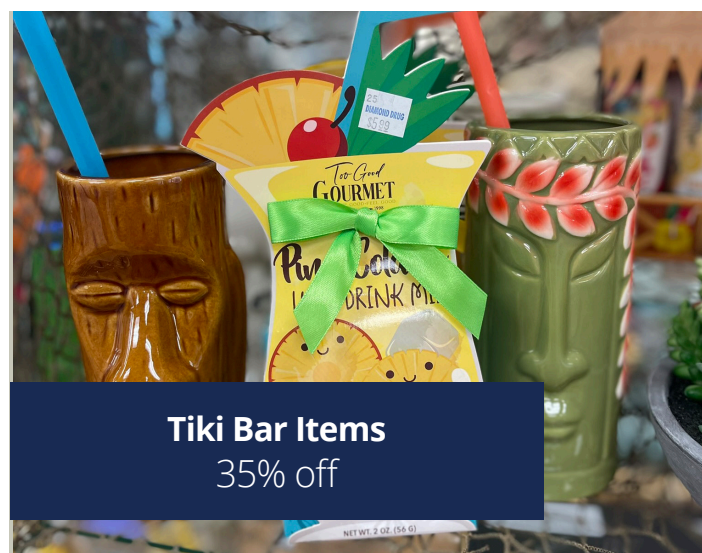


# JULY Specials

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



**Scent of the Month**  
30% off  
Raspberry Ganache



**Tiki Bar Items**  
35% off



**Ice Cream Bar Items**  
35% off



**Lemonade Stand Items**  
35% off

Get your backyard bash or beach-themed party started with our sizzling sale on tiki party essentials! From colorful cups and tropical décor to fun drink mixes and bowls, we've got everything you need to turn up the island vibes—at prices that won't burn your budget.



Make your summer party extra special with everything you need for the ultimate DIY ice cream bar! From colorful bowls and spoons to sample kits and trays, we've got all the essentials to help you scoop up smiles. Whether you're hosting a backyard bash or a family get-together.



Make this summer extra refreshing with a classic lemonade stand setup! We have lemonade drink mixes. Whether it's for a backyard party, kids' event, or just a sunny day treat, our lemonade stand essentials will help you serve up smiles all summer long.



# Scent Of The Month



This month, we invite you to indulge in a fragrance that's as rich and delightful as your favorite summer dessert—Raspberry Ganache. This luxurious scent captures the essence of ripe, sun-kissed raspberries layered with the smooth, velvety decadence of gourmet chocolate ganache. It's a perfect balance of fruity brightness and creamy warmth, creating an aroma that's both comforting and irresistibly elegant.

Whether you're looking to add a touch of sweetness to your home, create a cozy atmosphere for summer evenings, or simply treat yourself to something special, Raspberry Ganache is the perfect pick. It's inviting notes make it ideal for kitchens, living rooms or even as a thoughtful gift for someone who loves a little indulgence.

This scent is designed to elevate your everyday spaces with a touch of luxury. But hurry, this limited-edition fragrance is only available while supplies last!

Stop by Diamond Drug to experience Raspberry Ganache for yourself. One whiff and you'll see why it's our most delicious scent of the season.



## One stop shop for your summer wellness needs.



Shine bright, not burn.,  
Sunscreen's your summer sidekick.



Don't let sneezes steal your sunshine. Stay chill with allergy pills.



From beach breezes to backyard blooms, eye drops keep your blinkers happy.



Summer eats are a treat, until they fight back. Antacids keep the peace.



From flip-flop blisters to bike spills, Band-Aids have your summer boo-boos covered.



Don't let the twists and turns twist your tummy! Don't forget your motion sickness medication!



## Red: Move More, Circulate Better, Feel the Summer Spark!

Summer is the perfect season to get your heart pumping and your body moving. With longer days and warm evenings, it's easier than ever to step outside and enjoy the fresh air. A simple 15-minute walk after dinner can do more than ease digestion, it can boost your heart health, improve circulation, reduce stress and help you sleep better. Whether you're strolling through your neighborhood, exploring a local trail or just looping around the block, that small burst of movement can make a big difference.

And remember movement doesn't have to be a chore. Summer is full of chances to turn activity into something joyful. Dance in your backyard, join a local parade, splash in the pool or play tag with the kids. Every step, stretch and spin counts. It's not about perfection, it's about feeling good, having fun and celebrating what your body can do. So however you choose to move, let it be playful, meaningful and full of summer spirit.

## Hot Tips For Healthy Days

Stay hydrated by drinking at least 8 cups of water daily and consider adding electrolytes on especially hot or active days. Dress smart with light, breathable clothing and a wide-brimmed hat to protect against sunburn and heat rash.

Be alert for signs of heat exhaustion, like dizziness, nausea or fatigue, and if they appear, rest in the shade and hydrate with cool fluids.

A little preparation can go a long way in keeping your summer safe, healthy and full of good vibes.

On the next few pages, you'll find red, white and blue wellness tips to help you thrive all season long.





## White: Clean, Fresh and Ready for Summer Wellness

White represents purity, cleanliness and the daily habits that keep us feeling our best all summer long. As the sun shines brighter and outdoor adventures call, it's important to stay mindful of the little things that make a big difference in your health. Start with sunscreen, always reapply every two hours when you're outdoors, especially if you're swimming or sweating. Choose an SPF 30 or higher to protect your skin from harmful UV rays and prevent sunburns that can sneak up on even the cloudiest days.

To keep your immune system strong through all the fun, fuel your body with daily support. Nutrients like zinc, vitamin C and probiotics can help your body stay resilient against seasonal bugs and travel-related stress. And if you're hitting the road or taking to the skies, don't forget to pack a mini health kit. Include motion sickness tablets, antacids, bandages and any other essentials that help you feel prepared and protected wherever summer takes you. Clean habits, smart choices and a little planning go a long way in making your summer safe, healthy and full of bright, white wellness!

## Blue: Calm the Mind, Restore the Body, Embrace the Peace

Blue is the color of calm skies and cool waters, a gentle reminder to pause. In the busy rhythm of summer, it's easy to forget to care for your mind. Just three minutes of deep breathing each day can ease stress, sharpen focus and help you feel more grounded. Slow down, breathe in and let blue bring you back to balance.

Sleep is key to feeling restored. Power down screens 30 minutes before bed, as the blue light can disrupt your sleep. Instead, unwind with a book, gentle stretches or calming music to help your body relax and rest.

Fuel your brain with blueberries. This summer superfood is rich in antioxidants that support memory and heart health. Add them to breakfast, smoothies or enjoy as a refreshing snack.

Need a quick reset during the day? Find a shady spot, sip some water and take a 10-minute "digital detox." Step away from screens, breathe deeply and let your mind wander. Whether you're reading, journaling or simply watching the clouds drift by, these quiet moments of stillness can help restore your energy and bring clarity to your day.

This summer, let the color blue remind you to pause, breathe and restore. Your mind and body will thank you.





## Celebrating Independence Day

Happy Independence Day from All of us at Diamond Drugs!

As we celebrate the Fourth of July, we're reminded of the values that make this country and our community so special: freedom, resilience and the power of coming together.

Independence Day is a time to honor the courage of those who came before us and to appreciate the opportunities we have today. It's also a time to connect with family, friends, and neighbors and to reflect on what truly matters.

We're proud to serve a community that embodies the spirit of independence and innovation. Your trust and support mean the world to us and we're grateful to be part of your journey, whether it's through the products we offer, the services we provide or the relationships we've built.

As you enjoy the festivities, whether it's fireworks, cookouts or simply a well-deserved day of rest, we wish you a safe, joyful and meaningful holiday.

Thank you for being part of our story.

Happy 4th of July!

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**MARKETING@DIAMONDPHARMACY.COM**

Thank You for Trusting Us.  
We're honored to be your local independent pharmacy and grateful to serve such a wonderful community.

# Next Issue

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