



In This Issue:

- Memorial Day
- Meditation Day
- Mothers Day
- And More!

MAY MEDICAL SUPPLY SPECIALS

Get **20% off**
**Nursing
Supplies** this
month!



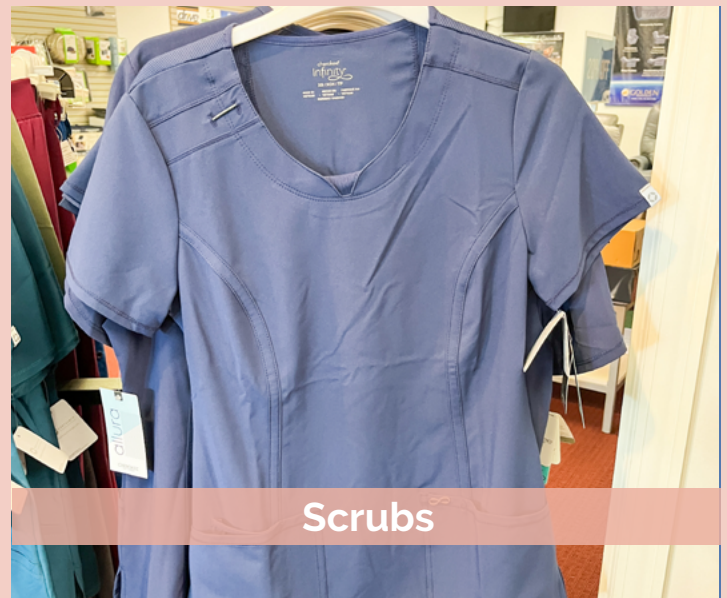
Stethoscopes



Bandage Scissors



Scrubs



MAY DRUG STORE SPECIALS

Get **25% off** the entire
gift shop and **30% off**
all Swan Creek Scents
this month!



Swan Creek Candles



Willow Tree Figures



Simply Noelle Earrings



Swan Creek Melts



Mess Free Coloring Books



Seasonal Drink-ware

SCENT OF THE MONTH

Indulge your senses with Swan Creek's captivating array of scents! From the luscious sweetness of Mountain Berry Parfait to the warm embrace of Honey Soaked Apples, every fragrance promises a unique sensory escape. This month, enjoy **30% off all Swan Creek candles and melts**—it's the perfect time to fill your home with comforting aromas and irresistible charm. Dive into a world of delightful fragrances and make your space truly unforgettable!



MOTHERS DAY GIFTS

Enjoy **25% off** everything in our gift shop and **30% off** all **Swan Creek scents**, perfect for finding a thoughtful gift for the amazing mothers in your life this year!



MENTAL HEALTH AWARENESS MONTH



May is Mental Health Awareness Month, a nationwide initiative to spotlight the significance of mental health in our lives. It's a time for conversations about emotional well-being to take center stage, breaking down stigma and encouraging open dialogue. Mental health is not just an individual journey—it's a collective responsibility to build a culture of care and support. This month, let's commit to prioritizing our inner health as much as we do our physical wellness.



MEMORIAL DAY



Each year, on the last Monday of May, the United States pauses to honour those who made the ultimate sacrifice in service to the nation. Memorial Day is more than just a long weekend—it's a time of remembrance and gratitude for the brave men and women who lost their lives defending the freedoms we hold dear. The tradition dates back to the years following the Civil War, when communities gathered to decorate the graves of fallen soldiers, a practice that inspired the day's original name, Decoration Day. Today, Memorial Day is observed with parades, flag ceremonies, and moments of silence across the country. Many visit cemeteries to lay flowers and flags on the graves of loved ones, while others take time to reflect on the cost of freedom.

As we enjoy barbecues, family gatherings, and the unofficial start of summer, let us not forget the meaning behind the day: to remember and honour those who gave everything for their country. Memorial Day serves as a powerful reminder that freedom is not free—it is a gift paid for by the sacrifice of others.



NATIONAL NURSES WEEK



National Nurses Week, observed annually from May 6th to May 12th, is a heartfelt tribute to the dedication, compassion, and expertise of nurses. These healthcare professionals are the backbone of medical care, providing comfort, healing, and unwavering support to patients and their families. The week also coincides with the birthday of Florence Nightingale, the founder of modern nursing, making it a time to reflect on the legacy of this vital profession. Let's take this opportunity to thank nurses for their tireless efforts and recognize the incredible impact they make every single day.



WORLD MEDITATION DAY



Observed annually on May 21st, World Meditation Day invites us to pause, breathe, and reconnect with ourselves amidst the hustle of daily life

Meditation has been practiced for centuries as a powerful tool to cultivate calm, clarity, and resilience, and this global day serves as a reminder of its transformative benefits. From reducing stress to enhancing focus and emotional well-being, meditation offers a sanctuary for the mind and soul. On this special day, whether you're a seasoned practitioner or a curious beginner, take a few moments to embrace the art of mindfulness—it could be the start of a profound journey inward.

STEP-BY-STEP GUIDE TO

MEDITATION

1

CHOOSE A PEACEFUL LOCATION WHERE YOU WON'T BE DISTURBED. SIT OR LAY DOWN COMFORTABLY.

2

CLOSE YOUR EYES AND TAKE A FEW DEEP BREATHS, RELEASING TENSION AS YOU EXHALE.

3

FOCUS YOUR ATTENTION. CONCENTRATE ON YOUR BREATH, REPEAT A MANTRA, OR VISUALIZE A CALMING IMAGE.

4

STAY PRESENT, IF YOUR MIND STARTS TO WANDER, GENTLY BRING YOUR FOCUS BACK TO YOUR POINT OF ATTENTION

5

BEGIN WITH JUST A FEW MINUTES AND GRADUALLY INCREASE THE DURATION AS YOU FEEL MORE COMFORTABLE.

MOTHERS DAY



This Mother's Day, take a moment to express your gratitude and recognize the incredible moms in your life. Whether it's your own mother, a grandmother, or any other mom in your life, their love, wisdom, and sacrifices deserve heartfelt appreciation. For seasoned moms, new moms, and moms-to-be, a simple thank you can mean the world. Let this day be a celebration of the lasting impact they've had and a chance to show them how much they're cherished.



FOLLOW OUR SOCIALS!

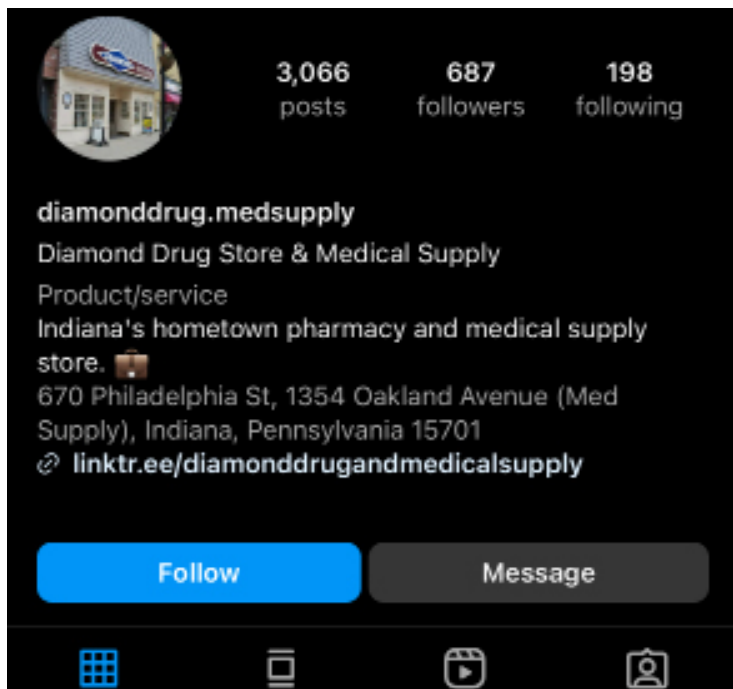


Diamond Drugs & Medical Supply

Page · Pharmacy / Drugstore

2.1K likes · 2.2K followers

Diamond Drugs, 670 Philadelphia Street



@diamonddrug.medsupply



Diamond Drugs & Medical
Supply



@diamondpharm



Diamond Pharmacy
Services



DRUG STORE
MEDICAL SUPPLY



NEXT ISSUE

Vol. 59 June