

Diamond Post *OCTOBER*



**PINK ISN'T JUST A COLOR
IT'S A MOVEMENT**

**CANDY IS SWEET
SAFETY IS SWEETER**

SMELL, SAVOR, SAVE

**FALL SCENTS ON
SALE NOW**

**VOL. 63
OCTOBER 2025**



OCTOBER IS A MONTH OF HEALTH AWARENESS AND SEASONAL CHANGE.



As the weather cools and routines shift, it's a great time to focus on wellness and prevention.

This is the time to prepare for flu season, check in on our mental health and support healthy habits like handwashing, staying active and eating well.

October also highlights important health campaigns such as Breast Cancer Awareness, Domestic Violence Awareness and Physical Therapy Month.

Visit our pharmacy for helpful resources, seasonal products and personalized care from your trusted healthcare team.



CELEBRATING OCTOBER

One day at a time.



Fire Prevention Week: October 5th-11th

Charge into Fire Safety
This week is to raise awareness about fire hazards, especially from lithium-ion batteries.



National Book Month

Celebrate reading, writing and the literary arts.
Celebrate by reading a book, starting a book club, supporting libraries, hosting events and promoting diverse voices.



ADHD Awareness Month

This month aims to increase the understanding of ADHD across all ages and backgrounds.



Depression Education Month

Promote awareness and support for mental health.



OCTOBER Specials

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



Scent of the Month
30% off
ALL FALL SCENTS



Fall Items
25% off



Halloween Items
25% off



Trick or Treat!

October 25 • 10am to 12pm

**Stop by Diamond Drug Store
for some not so
spooky treats!**





Scent Of The Month



As the leaves turn and the air grows crisp, we have a special for you! You can embrace the season with the rich and inviting fall scent collection 30% off! Whether you're drawn to the comforting aroma of baked goods, the earthy essence of the woods or the sweet tang of orchard fruits, there's a candle to match every autumn mood and memory.

Swan Creek's fall lineup brings the forest indoors with scents like Autumn Woods, a cozy blend of fir needle, pumpkin and smoked balsam wood and Mahogany Moss, which evokes a misty woodland walk with eucalyptus, amber resin and forest moss. For those who love the smoky side of fall, Bonfire and By the Fireside offer rich notes of charred wood, cedar and vetiver. Perfect for crisp evenings and cozy corners.

Fall wouldn't be complete without comforting bakery-inspired aromas. Sugar & Spice Donuts and Honey-Butter Biscuits fill the air with cinnamon, whipped butter and golden caramel. Maple Pumpkin Pancakes and Golden Spice Cake bring buttery warmth and hints of clove, nutmeg and maple syrup. These scents are like Sunday brunch in a jar, nostalgic, indulgent and oh-so-cozy.

Whether you're decorating for fall, hosting a cozy gathering or simply savoring quiet moments at home, Swan Creek's fall candles are the perfect way to bring warmth and seasonal charm into your space. Light one, breathe deep and let autumn unfold around you.

NATIONAL PHYSICAL THERAPY MONTH

National Physical Therapy Month is a campaign led by the American Physical Therapy Association (APTA) to:

- Raise awareness about the benefits of physical therapy.
- Celebrate the contributions of physical therapists (PTs), physical therapist assistants (PTAs), and students.
- Promote movement, mobility, and wellness across all ages and abilities.
- Highlight physical therapy's role in pain management, fall prevention, and rehabilitation.



WHY PHYSICAL THERAPY MATTERS

Physical therapy helps people:

- Recover from injuries or surgeries.
- Manage chronic conditions like arthritis, Parkinson's, and heart disease.
- Improve mobility, balance, and strength.
- Reduce reliance on pain medications.
- Prevent falls and future injuries



WAYS TO CELEBRATE OR PARTICIPATE

Whether you're a PT professional or a supporter, here are ways to get involved:



FOR EVERYONE

Follow and share content from ChoosePT.com

- Use hashtags like [#ChoosePT](https://ChoosePT.com), [#PTMonth](https://ChoosePT.com), and [#PhysicalTherapyMonth](https://ChoosePT.com).

Follow and share content from ChoosePT.com

- Get active in your own way by walking, stretching, or joining a class.

WHAT IS BREAST CANCER AWARENESS MONTH?

Held every October, Breast Cancer Awareness Month is a global health campaign aimed at:

- Promoting early detection through screenings and self-exams.
- Educating the public about risk factors and symptoms.
- Supporting those affected by breast cancer, including metastatic cases.
- Raising funds for research and treatment advancements



SPECIAL DATES TO REMEMBER

- October 13th: Metastatic Breast Cancer Awareness Day highlights the needs for more research and support for those with advanced breast cancer.
- October 17-23: Men's Breast Cancer Awareness Week raises awareness about breast cancer in men

HOW YOU CAN GET INVOLVED

- Schedule a mammogram and encourage others to do the same.
- Participate in local walks or fundraisers.
- Share personal stories on social media using hashtags like #PinkOctober and #BreastCancerAwareness.
- Donate to reputable organizations focused on breast cancer research and support.

WHAT IS DOMESTIC VIOLENCE AWARENESS MONTH?



DVAM is a national campaign that:

- Raises awareness about the prevalence and impact of domestic and intimate partner violence.
- Honors survivors and those lost to abuse.
- Promotes prevention, education, and advocacy
- Encourages communities to take collective action to end violence.

HOW YOU CAN GET INVOLVED



EDUCATE YOURSELF & OTHERS

- Learn the signs of abuse: emotional changes, controlling behavior, physical injuries.
- Share resources and debunk myths about domestic violence



ADVOCATE FOR CHANGE

- Support legislation that protects survivors
- Contact representatives and participate in awareness campaigns



RAISE AWARENESS

- Wear purple on October 19.
- Add a purple ribbon to your social profile.
- Organize vigils, fundraisers or panel discussions.



TALK TO YOUTH

- Discuss healthy vs, unhealthy relationships.
- Address digital dating violence and respect in relationships

HALLOWEEN SAFETY TIPS FOR YOU AND YOUR FAMILY



AT HOME

- Check your lighting: Ensure porch and indoor lights are working to prevent trips and deter unwanted visitors. Keep a flashlight handy for emergencies.
- Decorate safely: Avoid placing decorations on floors or stairs. Use battery powered lights instead of candles to reduce fire risk.
- Secure walkways: Clear paths of rugs, cords, and clutter to prevent falls: Use non-slip mats and handrails if needed.

COSTUMES & VISIBILITY

- Choose safe costumes: Avoid long, flowing outfits or masks that restrict vision or breathing. Opt for comfortable shoes and breathable fabrics.
- Stay visible: If going out, wear reflective clothing or carry a flashlight. Avoid walking in poorly lit areas.

INTERACTING WITH TRICK-OR-TREATERS

- Stay inside: Hand out candy from the doorway or leave a bowl outside with a sign. Never invite strangers into your home.
- Limit noise and stimulation: Avoid loud or flashing decorations that may cause stress or disorientation.

DRIVING & MOBILITY

- Avoid driving at peak hours: Trick-or-treating typically happens between 5:30-9:30 PM. Stay off the roads to reduce accident risk

CANDY & HEALTH

- Be mindful of treats: Avoid sticky or hard candies that can damage dental work. Watch for allergens or dietary restrictions.



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Diamond Drug Store



Diamond Drugs

Email us at:

marketing@diamondpharmacy.com



Crisp air, cozy vibes and
caring services.
Your health is always in season with us.

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