

Diamond Post *September*

FALL INTO WELLNESS

5 ESSENTIALS FOR A COZY,
HEALTHY SEASON!

EMBRACE EVERY AGE

STAY ACTIVE, STAY WELL, STAY
CONNECTED!

FALL INTO GOOD HEALTH

ESSENTIALS FOR
FEELING YOUR
BEST!

STOP THE FLU

SEE YOUR
PREVENTION
CHECKLIST



VOL. 62

SEPTEMBER 2025





SEPTEMBER

brings a fresh season and
a renewed focus on health.

As we transition into fall, it's the perfect time to check in on your wellness routines. Whether you're managing seasonal allergies, preparing for flu season, or simply stocking up on everyday essentials, our pharmacy team is here to help.

Stop by for personalized care, expert advice, and all the products you need to stay healthy and energized this autumn. Let's make this season your healthiest yet!

September Highlights

Celebrate health, awareness,
and seasonal change!



Labor Day – Sept 1

Labor Day honors the contributions of workers and the labor movement. It's celebrated with parades, picnics, and a well-earned day of rest on the first Monday of September.



World Suicide Prevention Day – Sept 10

World Suicide Prevention Day raises awareness and promotes action to prevent suicide worldwide. It's a time to support mental health, encourage open conversations, and remind others they're not alone.



Autumn Equinox – Sept 22

The Autumn Equinox marks the official start of fall, when day and night are nearly equal in length. It's a time to celebrate seasonal change, cooler weather, and cozy traditions.



World Heart Day – Sept 29

World Heart Day promotes heart health and raises awareness about cardiovascular disease. It's a great time to focus on healthy habits like eating well, staying active, and managing stress.



SEPTEMBER Specials

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



Scent of the Month
30% off
Mulled Farmhouse Cider



Indiana PA Items
25% off



Scentco Items
25% off



TOP FIVE FALL MUST HAVES



1. Immune Support Essentials
Fall brings cooler weather and the start of cold and flu season, making immune support a must. Essentials like multivitamins, elderberry, zinc, vitamin C, and probiotics help keep your body strong and ready to fight off seasonal illness.



2. Allergy Relief Products
Fall allergy relief is essential as ragweed and mold spores surge during autumn. Stock up on antihistamines, nasal sprays, humidifiers, and air purifiers to stay comfortable.



3. Moisturizing Skincare
Fall's cooler air can dry out your skin quickly. Keep it soft and hydrated with hand creams, lip balms, body lotions, and gentle cleansers.



4. Sleep & Relaxation Aids
Fall's shorter days can disrupt your natural sleep cycle. Support restful nights with melatonin, sleep masks, white noise machines, and calming supplements.



5. Seasonal Aches & Pain Relief
Fall's chilly weather can trigger joint stiffness and muscle aches. Ease discomfort with heating pads, pain-relief creams, arthritis-friendly supports, and over-the-counter pain relievers.

Scent Of The *Month*



The Mulled Farmhouse Cider scent by Swan Creek Candle Co. is a true celebration of fall. Designed to evoke the warmth and comfort of a spiced seasonal drink, this fragrance wraps your space in a cozy, inviting aroma that feels like autumn in full bloom. Whether you're curling up with a book, hosting a gathering, or simply enjoying a quiet evening, this scent sets the perfect mood.

At the heart of this fragrance is a carefully crafted blend of notes that create a sparkling pear cider experience. It opens with the lush sweetness of ripe pear and the crisp tartness of green apple, offering a refreshing and fruity top layer. As the scent deepens, you'll notice the warm spice of fragrant cloves, sultry cinnamon, and candied ginger, which add richness and complexity. Finally, a subtle touch of maple rounds out the base, bringing a soft sweetness that lingers beautifully.

Together, these elements create a scent that's both sweet and spicy, perfect for the cooler months. Described as one that "warms you up from the inside out," Mulled Farmhouse Cider is ideal for creating a welcoming atmosphere in any room. It's a seasonal favorite that captures the essence of fall in every flicker.

Crafted with 100% American soybean wax, Swan Creek candles are known for their clean-burning performance and strong fragrance throw. Available in pantry jars, this scent is a must-have for anyone looking to bring the spirit of autumn indoors.



September is Healthy Aging Month!

**Celebrate growing older with
vitality, purpose, and confidence.**



Stay Active

Aim for 150 minutes of weekly movement—walk, stretch, or lift light weights!



Get Preventive Care

Schedule checkups, screenings, and stay up-to-date on vaccinations.



Eat Well & Stay Connected

Fuel your body, care for your mind, and enjoy time with others.



FALL INTO GOOD HEALTH

**Get Your
Flu Shot**



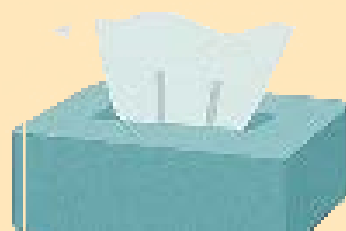
**Wash
Hands
Often**



**Stay Warm
& Hydrated**



**Visit Your
Pharmacist
for Seasonal
Support**



STAY SAFE THIS FALL

PREVENT FALLS BEFORE THEY HAPPEN!



**SEPTEMBER IS FALL
PREVENTION
AWARENESS MONTH**

Let's work together to keep our
loved ones safe, steady, and
independent.

TOP FALL PREVENTION TIPS

- ✓ Keep walkways clear of clutter and cords
- ✓ Use non-slip mats in bathrooms and kitchens
- ✓ Install proper lighting in all rooms and hallways
- ✓ Wear supportive, non-slip footwear

HELPFUL PRODUCTS

- Walkers & canes
- Grab bars & shower chairs
- Fan-slip socks & mats
- Fall alert systems
- Home safety assessments



YOUR FLU PREVENTION CHECKLIST

- Get your annual flu shot
- Wash hands frequently with soap
- Use hand sanitizer when on the go
- Disinfect commonly touched surfaces
- Stock up on immune support (Vitamin C, Zinc, Elderberry)
- Stay hydrated and get plenty of rest
- Avoid close contact with sick individuals
- Monitor symptoms and seek care early



KEEP 3 FEET
DISTANCE



PRACTICE
RESPIRATORY
HYGIENE



SANITIZE
YOUR HANDS



COUGH/SNEEZE
INTO YOUR
ELBOW OR
USE A TISSUE



UNDERSTANDING SEASONAL AFFECTIVE DISORDER (SAD)

SAD is a type of depression that occurs during the fall and winter months.

COMMON SYMPTOMS OF SAD

- Persistent low mood or sadness
- Fatigue or low energy
- Oversleeping or insomnia
- Craving carbohydrates or weight gain
- Difficulty concentrating
- Irritability or anxiety
- Loss of interest in activities

COPING STRATEGIES

- Light Therapy: Use a light therapy lamp with 10,000 lux for 30 minutes daily
- Vitamin D Supplementation
- Daily Routine: Sleep, balanced diet, and outdoor time
- Mental Health Support



ROOTED HERE, RISING TOGETHER



Celebrating our fourth
GOLD as Indiana County's
Best Pharmacy



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marketing@diamondpharmacy.com



As the seasons change, our commitment to
your health stays the same.
Wishing you a safe, cozy
and healthy fall!

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