

# MEDICINE SHOPPE MOMENT

*Monthly Newsletter*

*Caring Beyond Prescriptions*



## DRIVE-THRU SERVICES

Did you know that two of our pharmacy locations in Fargo have a Drive-Thru?

Come visit our North Broadway and 45th Street locations for this handy service.

## MEDICATION PACKAGING

We offer a convenient medication packing service, **Dispill**, to organize your daily medications. Let us help bring peace of mind to you and your loved ones.

## BACK TO SCHOOL

This year's back-to-school season is bound to be the best one yet! As our community adjusts to life after the pandemic, we have some recommendations to keep your family's physical and mental health in tip-top shape.

COMING SOON...

## NEW WEBSITE!

*Exciting times ahead!*

We are currently working on integrating all three of our locations into one streamlined website and mobile app. We will have new, user-friendly resources to obtain your medications and schedule services in just a few clicks! Our social media platforms will be getting some updates, too.

Keep an eye out for new developments along the way!





# SUNNY SKIES CBD

## BACK TO SCHOOL SEASON

### Vaccines

As schools are moving away from masks and social-distancing, students of all ages are more likely to transmit bacteria and viruses to one another. Receiving the CDC-recommended vaccines will help prevent infections, such as measles, COVID-19, and even HPV. You can find both the children and adult immunization schedules on [cdc.gov/vaccines](https://www.cdc.gov/vaccines). As always, our pharmacists are more than happy to answer any vaccine-related questions!

### Sports Injuries

Sports are soon to be back in full swing, so injury prevention is critical this season! While recovering from an injury, an athlete will miss practices, team collaborations, and even scholarship opportunities. Make sure to get adequate sleep, as 68% of teens who get 8 or more hours of sleep per night have less sports injuries than those with less sleep. To avoid heat exhaustion, stay hydrated and take breaks in the shade when possible. To prevent muscle and head injuries, utilize dynamic stretching before activities and wear protective head gear. Persistent joint pain or swelling should be medically treated as to prevent irreversible cartilage damage.



*An ounce of prevention is worth a pound of cure -  
Ben Franklin*

## PRODUCT FOCUS

We are proud to offer Sunny Skies CBD products at our stores this year. CBD is a safe and non-addictive option for common ailments, such as depression, anxiety, insomnia, inflammation, and pain.

All products are grown organically in Durand, Wisconsin, and tested by Botanacor Laboratories to ensure purity. This family-owned company also guarantees 100% customer satisfaction or a full refund at [sunnyskiescbd.com](https://www.sunnyskiescbd.com).

Cannabidiol (CBD) is 1 of 113 cannabinoids found on the cannabis plant. Cannabinoids bind to the human body's endocannabinoid system to promote homeostasis and wellness. Sunny Skies CBD products will not produce a "high" as they are non-psychoactive and contain less than 0.3% of THC.

For general use, we recommend a tincture due to its high bioavailability, precise dosing, and faster results. We also offer topical salves as adjunct therapy for arthritis, acne, eczema, or psoriasis.



### Mental Health

Adjusting to the post-COVID life can be difficult and confusing. Students should avoid overscheduling co-curricular activities and instead focus on maintaining the relationships in their lives. To combat unexpected stressors, parents should approach tension with patience and help prepare a daily routine for their children. Signs to seek professional help include changes in sleeping and eating habits, excessive anxiety, sudden disinterest in activities, and difficulty concentrating in class. Our pharmacists have the resources and clinical training to guide our patients through these changing times.