

FEEL BETTER, BE HEALTHIER, START NOW NEWSLETTER



A JOINT PUBLICATION BROUGHT TO YOU BY...

March 2026



NORLAND AVENUE PHARMACY TURNS 25!

We are celebrating a special milestone for Norland Avenue Pharmacy—25 years of serving the Chambersburg community with compassion, innovation, and a commitment to helping people live healthier lives. What began as a vision in the heart of a young pharmacist has grown into a trusted healthcare destination, rooted in faith, dedicated to putting patients first.

Norland Avenue Pharmacy's story begins with its owner and founder, Wayne Myers. Wayne felt called to pursue a career in pharmacy during a mission trip to Brazil. He went on to earn his Doctor of Pharmacy degree from the University of Maryland Baltimore Campus. Early in his career, he gained valuable experience working at the Apothecary in Bethesda, Maryland and the Mt. Washington Pediatric Hospital in Baltimore. These experiences helped shape his vision of what a pharmacy could be—not just a place to fill prescriptions, but a place to educate, guide, and care for patients holistically.

That vision became reality in the late 1990s when Summit Health Services began developing the Summit Health Center on Norland Avenue. At just 28 years old, Wayne was presented with the opportunity to open a pharmacy in the new medical complex. He immediately recognized the potential to create something different: a modern, cutting-edge pharmacy focused on innovation, patient counseling, compounding, and nutritional support.

In the same year Wayne and his wife Wendy were married, they worked to-

gether to bring that vision to life. They arranged financing, designed the store layout, and navigated the many steps required to open a new business. Their hard work paid off when Norland Avenue Pharmacy officially opened its doors in February 2001 with just four employees and a shared mission.

From the beginning, Wayne and Wendy's goal was simple yet profound: to glorify God through their work and to serve their community with excellence and integrity. Throughout the years, the pharmacy continued to expand its services, offering vaccinations, custom compounded medications, consultations, and various wellness-focused seminars and workshops. Each addition reflected the same core commitment: helping patients achieve and maintain optimal health through both traditional and innovative approaches.

To celebrate 25 years of service, we are hosting a month-long anniversary celebration throughout March at Norland Avenue Pharmacy (Sorry, Carl's. You just had your 200th anniversary celebration.)

Beginning March 1st, Norland will be giving away a prize a day for 25 days. Customers can enter to win by visiting the pharmacy in Chambersburg or by signing up through our Facebook page daily postings. These daily giveaways are our way of saying thank you to the community that has supported us for a quarter century.

The celebration will culminate in our **25th Anniversary Event at Norland Avenue**

Pharmacy on Wednesday, March 25th. On that day, customers will enjoy:

- **25% off everything in the storefront**
- **Cake & punch served from 11am-1pm**
- **Our biggest giveaway yet, 25 \$20 bills (\$500!)**

We would not be what it is today without the loyalty and trust of the Chambersburg community. For 25 years, you have allowed us to be part of your lives—helping care for your families, supporting your health journeys, and walking alongside you through every stage of life.



What began as a vision has become a lasting legacy, sustained by faith, fueled by purpose, and strengthened by relationships. As we celebrate this milestone, we remain committed to the same mission that guided us from the beginning: to glorify God and to help people get and stay healthy through compassionate, personalized care.

We hope you will join us this March as we celebrate 25 years—and look forward to serving you for many years to come.



*Kellysue
Antonucci*

Kellysue joined the Norland team in 2020. Born and raised in Chambersburg, she graduated from James Buchanan High School and earned her Bachelor of Science in Biology with a focus in Molecular Genetics from Wilson College. Kellysue serves in many roles including inventory, pharmacy, and compounding technician. She enjoys the diversity of her responsibilities and using her skills to support the patients we serve. Outside of work, Kellysue spends her free time outdoors, paddleboarding on the Potomac, Jeep trail riding with her husband, playing video games, and being with her college-aged children when possible.

LADIES: DON'T IGNORE YOUR SYMPTOMS

Many women are told their symptoms are “normal,” part of aging, or simply stress. So they push through the exhaustion. The mood swings. The brain fog. The loss of energy and drive.

But these symptoms are often signs of hormone imbalance—and there are real answers.

At Norland Pharmacy, Cheryl Hade, RN, BSN, offers private hormone consultations designed to help you finally understand what's happening in your body. With over 30 years of healthcare experience, Cheryl takes the time most providers simply cannot—listening carefully, reviewing your symptoms, and helping you determine whether hormone imbalance may be contributing to how you feel.

If appropriate, advanced saliva testing can provide clear insight into your hormone levels. You'll then receive a personalized, pharmacist-supported recommendation for bio-identical hormone therapy that you can take to your healthcare provider.

This service is for women who are ready to stop guessing—and start getting answers.

Appointments are limited and fill quickly.

Initial Consultation (30 minutes): \$50

Optional Saliva Hormone Testing: \$200

Results Review & Personalized Recommendation: \$50

Call or text Cheryl directly at 717-377-3495 to schedule your consultation.

You don't have to accept feeling this way. And you don't have to figure it out alone.



Juan Vega, a clam diver, rescued an injured sea otter. Afterwards, the otter never left his side. It even learned to dig for clams. One day, a man went to Juan's house and asked Juan's wife to hire Juan for a week. She replied, "He can work for you, but it will cost you \$500 for Juan and his otter."

"That much? What if I just hire Juan?" asked the man.

"Sorry," she shrugged. "You can't have Juan without the otter."

THE LONG-AWAITED RETURN OF THE POWER MULTI

At the end of 2024, we introduced a new multivitamin that we were very excited about. Healthy Living Solutions' Power Multi was the result of a group of like-minded, independent pharmacies from across the country collaborating to create a better multivitamin for you—our community.

Unfortunately, after the initial production, we ran into some quality issues with the manufacturer and had to halt production. We ended up finding a new manufacturer that would meet our quality requirements, but that process took much longer than we had hoped.

We are now excited to announce that the Power Multi (60ct, \$59) is back in stock! This product is formulated by pharmacists, third party tested, and made in the USA. Ingredient benefits include...

Vitamin D3 & K2 Synergy: Promotes optimal bone health and cardiovascular function, enhancing the proper utilization of calcium to support strong bones and a healthy heart.

Comprehensive B Complex: Fuels energy production, supports a healthy nervous system, and aids in the maintenance of good mental health, enhancing overall vitality and well-being.

Multimineral Support: Provides essential minerals that regulate enzymes and

hormones, crucial for the body's daily functioning and long-term health, including immune defense and metabolic processes.

Hair Growth Enhancement: High-dose biotin strengthens hair at the follicle level, promoting thicker, fuller hair and supporting skin health for a vibrant, youthful appearance.

Blood Sugar Stability: Chromium helps maintain healthy blood sugar levels by improving insulin sensitivity, supporting weight management and metabolic health.

Mitochondrial and Energy Production: Key nutrients like Acetyl L-Carnitine and Alpha Lipoic Acid boost cellular energy production, reducing fatigue and enhancing physical and mental stamina.

Antioxidant Protection: Powerful antioxidants like Vitamin E and Green Tea extract protect against oxidative stress and support cellular health, promoting longevity and reducing the risk of chronic diseases.

Dosage Matters: Taking this one product easily replaces six to eight different supplements you could be buying and taking separately. When we set out on this quest, we wanted to see how much we could fit into two capsules a day; however, we chose to only include ther-

apeutic doses.

We didn't want to just say that our Power Multi has Vitamin D3 in it. We wanted the product to have enough Vitamin D3 to make it matter (5000 iu). Same with the other ingredients. For this reason, there is very little filler in our Power Multi. It's packed with the good stuff.

Healthy Living Solutions' Power Multi can replace your current multivitamin, your B-complex, your Vitamin D3, biotin, zinc, and more! It's a great way to save money versus buying multiple products.

If you are interested in trying this the Power Multi—or excited that it's finally back—be sure to stop in soon.

We anticipate selling out, that's how great we think it is.

As always, if you have any supplement or vitamin related questions, please stop by or call and talk to our team members. We are happy to help.



FREE CLASS: ESSENTIAL OIL BLENDING FOR BEGINNERS

Essential Oil Corner



Join essential oil specialist Sharon Smith for this FREE class to learn more about the benefits of essential oils, how to blend them safely, what they can be used to help with, and so much more. Each attendee will receive a booklet filled with great information and several recipes to get started with using essential oils.

Sharon will use volunteers to help make several blends while giving fundamental knowledge of why and how to properly dilute oils for topical use. You will learn the differences between pure essential oils versus carrier oils and take a closer look at some of the most used oils. This class is designed for the eager to learn or even the oil skeptics.

Choose from the following. Seating is limited, be sure to reserve your spot:

Biblical Education Center
1542 Buchanan Trail East, Greencastle
Tuesday, March 31st, 5:30pm
CarlsDrug.com/events
717-597-2426

Norland Avenue Pharmacy
12 St. Paul Drive, Chambersburg
Wednesday, April 1st, 2pm OR 5:30pm
NorlandRx.com/events
717-217-6790

ARE YOU STRUGGLING WITH...

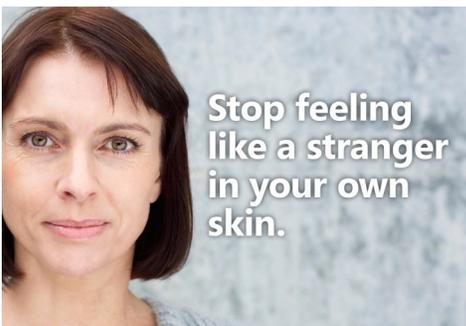
Mood swings
Hot flashes
Night sweats
Bleeding changes
Vaginal dryness
Incontinence
Fibrocystic breasts

Tender breasts
Heavy menses
Memory lapse
Weight gain
Premature aging
Decreased libido
Osteoporosis

Depression
Anxiety
Nervousness
Headaches
Tearfulness
Fatigue
Irritability

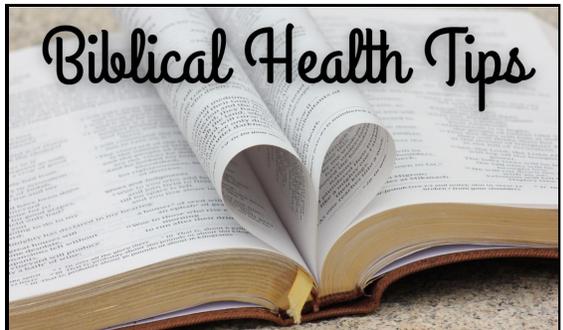
If you are ready to start feeling like yourself again, please join us at our FREE HORMONE SEMINAR.

Speaker: Cheryl Hade, RN, BSN, Hormone Specialist
Date: Thursday, March 26th
Time: 6:00pm
Location: Norland Avenue Pharmacy, Chambersburg



Stop feeling like a stranger in your own skin.

SEATING IS LIMITED, PLEASE RESERVE YOUR SPOT:
717-217-6790 OR NORLANDRX.COM/EVENTS



We spend a lot of money and put a lot of effort into prolonging our lives. Here is something you can do that will not cost you a cent.

The prescription—Love the Lord.

Psalm 91:14-16 - *“Because he loves me,” says the Lord, “I will rescue him, for he acknowledges my name. He will call upon me, and I will answer him; I will be with him in trouble, I will deliver him and honor him. With long life will I satisfy him and show him my salvation.”*

One way you demonstrate your love to God is by obeying Him. Jesus said...

John 14:12a - *I tell you the truth, anyone who has faith in me will do what I have been doing.*

	<p>Trail Life TrailLifeUSA.com A portion of this month's sales at Norland will be donated to this fine organization.</p>	<p><i>Non-Profit of the Month</i></p>	<p>Child Evangelism Fellowship FranklinCEF.com A portion of this month's sales at Carl's will be donated to this fine organization.</p>	
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What's Inside...

Norland Avenue Pharmacy
Turns 25! (pg 1)

Meet the Team (pg 1)

Ladies: Don't Ignore Your
Symptoms (pg 2)

The Long Awaited Return of the
Power Multi (pg 2)

Laughter is the Best
Medicine (pg 2)

Biblical Health Tips (pg 3)

Coming Events

Mar 1-15: 20% Off Candles &
Candle Accessories (pg 4)

Mar 25: Norland's 25th
Anniversary Event (pg 1)

Mar 26: FREE Hormone
Seminar (pg 3)

Mar 31 & Apr 1: Essential Oil
Blending for Beginners Class
(pg 3)

*"Do to others as you would
have them do to you."*

Luke 6:31



*These statements are culmination of the knowledge and experience of the team at Norland Avenue Pharmacy. The information provided here is for informational purposes only. Please consult your healthcare provider with questions concerning any medical condition or treatment. Compounded medications are not reviewed by the FDA for safety or efficacy. These statements have not been evaluated by the Food and Drug Administration, and these products are not intended to diagnose, treat, cure or prevent any disease.

www.CarlsDrugStore.com
(717) 597-2426



www.NorlandRx.com
(717) 217-6790



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