



Our Work is Our Passion Juice/Smoothie Bar Now Open

The most valuable and prized possession is our health. Without our health, we wouldn't be able to achieve the things we want in our life, go places we want to go and do things we want to do. It's become more important for many of us to take a more active role in our health — exercise, healthier food choices, and finding the right mix of supplements and simple changes, like drinking enough water. It's great to have a team that can support your path to wellness, with knowledge and a supportive attitude. Rustic Roots Health, located in Brookwood, tucked in the corner at #113-4061 200th Street, Langley should be your “go-to” place to start or continue your wellness journey.

“When Cliff retired, he offered the business to me and I jumped at the chance to realize my dream.”

“I have had the pleasure of being the owner of Rustic Roots Health Food Store since October 2012. My journey in healthy living began years ago with concerns about my family's health issues and the influence of diet and wellness practices. Like most health conscious people in Brookwood, I spent quite a bit of time at Country Life Health talking to owner Cliff McNally. One day he offered me a job in data entry and that soon morphed into managing the store, ordering stock and sales. Health became my passion and I became totally engrossed with learning everything I could about each modality! When Cliff retired, he offered the business to me and I jumped at the chance to realize my dream.”

Rustic Roots stands apart from the big box store experience. “The unique perspective of owning my own store is being able to bring in experts in different health areas for our clients to experience and not be accountable to a parent company. The downside is that with suppli-

ers that give discounts for volume, we don't have storage capacity to use that advantage. That being said, we do deal with small companies that give us competitive prices and support small, local businesses. We always try to buy sales and pass the savings along to our customers.” Debbie tells us.

Debbie has recognized the key to running a successful business — keeping her customers happy and well informed. “Cliff had a loyal clientele and was highly regarded and trusted in this community and he taught those business values to his employees. Our staff treat all our customers like family and the atmosphere is one of compassion, laughter and camaraderie. We have been blessed that they have continued to support the store with all the changes that have taken place since Cliff's retirement.”

“We are proud of the fact that we listen to customers' needs and are continuously keeping abreast of upcoming trends. We are open to new ideas and now have included a juice and smoothie bar which has been welcomed with open arms.

Our staff is passionate about discovering new products that we think our customers will embrace. We welcome small companies with innovative new products and support local busi-

nesses.”

Being part of a community isn't just opening the door and closing on time. Giving back in so many ways is a real way to stay connected with the neighbourhood vibe and the needs of the community in general.

“We are proud to be part of the Brookwood Merchants Association that offers Brookwood Days every year. We support school events, Cops for Cancer, Critter Care, Langley Playhouse and various other fundraisers. We believe that participating in our community is vital in supporting our neighbours and customers.”

Debbie and her staff welcome all of their current loyal customers and new ones to stop by and experience the “Rustic Roots” experience. Enjoy a delicious, fresh and healthy smoothie, then discuss your wellness plan with their staff and ask for suggestions. Their website, rusticrootshealth.com, has some of their newest upcoming events and product lines. “Like them” on Facebook as well! They are open seven days a week for your convenience.

Rustic Roots: Rustic Roots Health Food Health food store and NOW open - Roots Juice Bar, located in the heart of Brookwood #113 4061 200th Street.



Hours
 Mon 9:30 - 5:30
 Tues - Fri 9:30 - 6
 Sat 9:30 - 5:30
 Sun 10 - 4

RUSTIC ROOTS Health Foods
 #113-4061 200th Street | 604-534-8274
 www.rusticrootshealth.com

