CHOICES MARKET
35 YEARS
Supporting local communities since 1990

THE HEARTBEET

November 2026



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HEY NEIGHBOUR!

HERE'S WHAT'S HAPPENING AT CHOICES MARKET

Remembrance Day!

November 11th marks our time of remembrance. For those who have made the ultimate sacrifice in the fight for freedom, we wear red poppies to mark our respect. Please take a moment this month to reflect upon the deeds of the brave men and women who have served our country with distinction.



Star of the Season!

Every holiday season, our stores begin to glow with the stars, all thanks to our Star of the Season program. This is a campaign that helps the most vulnerable members of our communities have an amazing holiday season.

From November 12th to December 24th, the cashiers at your local Choices Market will be our cheerleaders as we raise funds for local neighbourhood houses.

Last year, thanks to generous Choices customers like you, we were able to raise over $85,700.

To learn more, visit us online at choicesmarkets.com

MONTHLY GIVEAWAY

ENTER TO WIN!

a Baby Brezza

Courtest of CapriCare

Most Advanced way to automatically make a warm, formula bottle in seconds. Precise mixing technology automatically mixes formula and water to the perfect consistency every time without air bubbles – No measuring, no mixing, no fuss.

Name: _____

Phone Number: _____ **Choices Location:** _____

Skill Testing Question: (56 - 18) x (25 - 13) = _____

Contest open from November 1-30, 2026. One entry per person. All entries must have the skill testing question answered correctly to be valid. Employees of Choices Market and their family members are not eligible. The prize must be accepted as awarded, no substitutions will be made, cash or otherwise. No cash value if prize is not claimed or used fully. Winners consent to the release of their names (and photo when applicable) by Choices Market for publicity purposes. Entries can be dropped off at any Choices location. Winner is responsible for picking up their prize from the Choices Market location of their convenience. There can be no repeat winners for Choices contests throughout 2026.



*Prize not exactly as illustrated.

SEMINARS

Brought to you by:
THE **WELLNESS** HUB
AT CHOICES MARKET

BLOOD SUGAR FRIENDLY COOKING - COOKING SERIES

Hosted by: The Choices Nutrition Team

Join the Choices Nutrition Team at our in-person cooking classes and demonstrations as we explore practical strategies for diabetes and blood sugar management through food. We'll prepare simple, nutritious recipes that balance carbohydrates, protein, healthy fats, and fibre while highlighting ingredients that can help support steady energy levels and overall health. Whether you're living with diabetes, supporting a family member, or simply interested in learning more about blood sugar-friendly eating, you'll leave with practical tips, recipe inspiration, and confidence to create satisfying meals at home. Visit our Events page on the Choices website for session-specific recipes.

Dates, Times & Locations:

Kelowna - November 17th, 7pm-8:30pm
Yaletown - November 30th, 6pm-7:30pm
Kitsilano - November 24th, 6pm-7:30pm
Burnaby - November 25th, 7pm-8:30pm
Abbotsford - November 26th, 7pm-8:30pm

NOVEMBER
IN-STORE
Free Event



REGISTER ONLINE AT CHOICES.MARKET/EVENTS

OR SCAN THE QR CODE TO REGISTER



NOVEMBER
25
7pm - 8:30pm
Free Event

UNDERSTANDING BLOOD SUGAR & NUTRITION:

INSIGHTS FROM A REGISTERED DIETITIAN

Hosted by: Jessica Pirnak, RD

Join Jessica Pirnak, RD, Lead Dietitian at LifestyleRx, a healthcare program focused on type 2 diabetes and metabolic health through evidence-based lifestyle interventions. Jess will share practical nutrition strategies for blood sugar management, including meal planning, carbohydrate choices, fibre, and sustainable eating habits. Whether you're living with diabetes or simply interested in improving your health, you'll leave with realistic tips you can start using right away.

HORMONAL HEALTH & WELL-BEING:

ASK A MENOPAUSE SOCIETY CERTIFIED PRACTIONER

Hosted by: Dr. Jenny MA, ND, DC, MSCP

Join Dr. Jenny Ma, ND, DC, MSCP, owner of Living Wellness Centre and a Menopause Society Certified Practitioner, for an informative discussion on hormonal health during midlife. This session will explore common changes associated with perimenopause and menopause, their impact on overall health and well-being, and evidence-informed lifestyle strategies that may help manage symptoms. Drawing on more than 20 years of clinical experience supporting women's health, Dr. Ma will discuss the connections between hormones, nutrition, sleep, stress, and healthy aging.

NOVEMBER
18
6pm - 7:30pm
Free Event





Roasted Butternut Squash and White Bean Soup

By: The Choices Nutrition Team

INGREDIENTS

1	medium butternut squash
2	medium onions, halved
1 tbsp	olive oil
1 tbsp	fresh rosemary, finely chopped
4 to 6	garlic cloves, peeled
1/2 stp	salt
1/4 stp	black pepper
1 can (540 mL)	white beans, drained and rinsed
4 cups	low-sodium vegetable broth

Mushroom Topping:

2 cups	cremini or other mushrooms, sliced
1 tsp	olive oil
1/4 tsp	black pepper

Optional

1/2 tsp	ground cinnamon
1/4 tsp	ground ginger
1/8 tsp	ground nutmeg

INSTRUCTIONS

1. Preheat oven to 425°F (220°C).
2. Cut the butternut squash in half lengthwise and remove the seeds.
3. Rub the cut side of the squash with olive oil and season with rosemary, salt, and pepper. If using, sprinkle with cinnamon, ginger, and nutmeg. Place the garlic cloves in the seed cavity of each squash half.
4. Rub the onion halves lightly with oil and season with salt and pepper. Place on the baking sheet alongside the squash.
5. Place the squash cut-side down (skin-side up) on the baking sheet.
6. Roast for 40 to 45 minutes, or until the squash is very tender.
7. While the vegetables roast, sauté or roast the mushrooms until golden brown and tender.
8. Scoop the roasted squash flesh into a blender. Add the roasted onions, garlic cloves, white beans, and vegetable broth. Blend until smooth and creamy.
9. Transfer to a pot and heat gently until warmed through. Adjust consistency with additional broth if desired.
10. Serve topped with cooked mushrooms.

APPLES
BY CHEF ANTONIO

Farmed in temperate zones all over the globe, apples are found in both hemispheres. Because of that, we can benefit from two harvesting seasons opposite to one another. With modern conservation methods, including modified atmosphere storage, we have fresh apples available year-round.

Originally found in the wild in Kazakhstan, central Asia, the Malus domestica has been propagated and hybridized over millennia to adapt to specific terroir and climate zones as well as consumer demands.
There are thousands of apple varieties, 94 million tonnes are produced yearly worldwide. Vancouver Island and the Gulf Islands have listed over 100 species alone, some of which have survived since the 1800's in old farm orchards and subdivided suburban properties.



When you've got a chance, look up the accidental discovery of the Ambrosia apple variety in the Similkameen for a fascinating apple-centric tale set here in BC.

Apples can be categorized in four main groups with some crossovers. Table or dessert apples, to be consumed fresh. These are crispy, juicy, low acidity and balanced flavour, like Honeycrisp, Gala and Ambrosia. Cooking or baking apples, some of which can be eaten raw, but are also suitable for cooking, have firmer flesh, hold shape when cooked, and usually have a higher acidity. Granny Smith and Braeburn are what to buy if looking for these. Cider apples are unique varieties used strictly for fermentation.
They have high tannins, sharp acidity and taste astringent if eaten raw. They are also used to produce cider vinegar. These apples are rarely found in stores. Sauce apples are varieties that break down into soft and smooth consistencies when cooked and are high moisture and sugar. Macintosh and Golden are some of those.

Apples are a great source of vitamins, nutrients and fibre. Enjoy a bite at a time, or use in cooking, raw in salad and salsa, or for anything sweet or savoury. Cook them in classic pies, strudels, and all sorts of dishes. We currently produce and sell a delicious tofu and apple salad as well as a coconut and lentil soup made with fresh apples.
Both are an example of how versatile the apple can be when you think out of the apple crate for this incredible culinary powerhouse.



APPLE FACTS:

Great for Cooking:
Apples can be eaten fresh or used in pies, sauces, cakes, salads, chutneys, and savoury dishes.

Natural Browning:
When cut, apples turn brown because enzymes react with oxygen. Lemon juice can slow this process.

Apples Float:
About 25% of an apple's volume is air, which is why apples float in water.



CHEF ANTONIO



Chef Antonio's delicious creations are made fresh and on sale every day in the Choices Deli.

Pick something up today for a quick lunch or a meal for the whole family.

Menopause:

It's about more than Hormones

By: Dr. Jennifer MA, DC, ND, INC., Menopause Society Certified Practitioner (MSP)



For years, conversations about menopause focused on hot flashes, night sweats and simply getting through the transition. The average Canadian woman reaches menopause around age 51 and may live more than 30 years beyond it. I encourage women to think beyond managing symptoms and instead ask:

What can I do now to support my health for the decades ahead?

Menopause hormone therapy (MHT) can be incredibly helpful for the right woman. It remains the most effective treatment for hot flashes and night sweats and can also help prevent bone loss and reduce fracture risk. But it's one tool in the toolbox—not the entire toolbox.

Midlife is also an important time to pay attention to cardiovascular health, bone density, blood sugar and maintaining muscle. Some of these changes are related to menopause, others to aging, and together they make this an ideal time to take a more proactive approach to health.

So, what does that look like?

Start with the foundations. Prioritizing protein—aiming for roughly 25–30 grams per meal—and resistance training at least twice a week can help preserve muscle and bone. Eating plenty of fibre and a variety of whole, minimally processed foods supports heart, metabolic and gut health. Sleep, regular movement, limiting alcohol, managing stress and maintaining social connection matter too.

None of this is particularly flashy. But MHT, supplements and other treatments work best as part of a bigger picture—not in place of these foundations.



Think of menopause as an opportunity to take stock of your health and build habits that support how you feel now—and how you want to age.

Want to learn more?

Join me for a webinar on November 18th at 6pm to discover what's really happening in your body during perimenopause and menopause and ways to support your health during this transition

Type 2 Diabetes Remission:

What's Possible?

By: Jessica Pirnak, Lead Dietitian at LifestyleRx

You've probably been told that diabetes is chronic and progressive - that the best you can hope for is slowing your inevitable health decline with medications. But Type 2 Diabetes is reversible! Most people with diabetes start with one medication, but unfortunately, within a few years, they are on many. Within ten years from diagnosis, over half will be taking insulin. This escalation does not consider all the medications prescribed to prevent complications or medications prescribed to manage symptoms. Despite this intensity of medical management, diabetes still reduces lifespan by 5-15 years and accounts for over 10% of deaths in Canadian adults.

It does not have to be this way.

Since 1992, we've known that bariatric surgery can lead to sustainable remission. More recently, we've discovered that weight loss through various methods - including bariatric surgery, medication, and lifestyle changes - can effectively reverse insulin resistance and promote remission. In fact, leading researchers believe that over 50% of newly diagnosed Type 2 diabetes patients could achieve remission if it were prioritized in their treatment plans.

The benefits of remission are significant and far-reaching. Patients who achieve remission experience substantial reductions in heart disease risk - the leading cause of death among people with diabetes. They also see markedly reduced rates of chronic kidney disease, which is particularly important as diabetes is the primary cause of kidney failure leading to dialysis.



So, what now?

Step one is finding your path to making better choices around food, movement, sleep, and stress resilience.



Work with an in-store Choices nutritionist to get started on your health goals today and come join our webinar on November 25th to learn more about lifestyle medicine. Sign up online on the Choices website or in store at the Wellness Department.

SPECIALS

35 YEARS

NOVEMBER 1 - 15 ONLY!



MADE IN CANADA



Dairyland Protein Milk 2% & 3.25%
1.89 Litres

$5.99 Plus Deposit, Recycling Fee Where Applicable

2x more protein than regular milk!

MADE IN CANADA

FAIRTRADE



Kicking Horse Organic Ground Coffee
284g

$16.99

Our coffee is Organic, Fairtrade & Rocky Mountain-roasted. Wake up with us!

GLUTEN FREE



Bob's Red Mill Gluten Free Rolled Oats
794g & 907g

$9.99

A bowl of whole grain oatmeal starts you off right and keeps your hunger at bay throughout the morning.

GLUTEN FREE



Elmhurst Milked Oats
or Nuts, 946 mL

$8.99 Plus Deposit, Recycling Fee Where Applicable

By using whole gluten-free oats instead of oat flour, we're able to craft a smooth and creamy plant-based beverage.

PRODUCT OF CANADA



Tree Island Grass Fed Yogurt
or Greek, 325g & 350g

$4.99

Grass fed yogurt made on Vancouver Island.

GLUTEN FREE



GT's Raw Kombucha
1.4 Litres

$10.99 Plus Deposit, Recycling Fee Where Applicable

For over 25 years, SYNERGY Raw Kombucha has been handcrafted in small batches and fully fermented for 30 days.



Ritter Sport Chocolate Bar
Selected Varieties, 100g

$4.49

Delicious chocolate, squared!



PRODUCT OF CANADA

Tre Stelle Organic Cream Cheese
200g

$4.99

This cream cheese offers a smooth and velvety texture that spreads effortlessly.

DISCOVER LOCAL, ORGANIC AND SPECIALTY FOODS TO NOURISH YOUR BODY AND MIND



GLUTEN FREE



Bob Snail Fruit Rolls
100g

$4.49

Bob Snail makes tasty snacks that prove simple ingredients always win.



Zevia Zero Sugar Soda
6-Pack

$6.99 Plus Deposit, Recycling Fee Where Applicable

New look! Soda made better.



Carbone Premium Pasta Sauce
660 mL, Also Alfredo Sauce 410g

$11.99

NYC's finest, made using only the finest imported Italian tomatoes.



MADE IN CANADA



Faith Farms Cheese
320g & 340g

$6.69

Perfect for melting or enjoying straight from the block.

SPECIALS

35 YEARS

NOVEMBER 16 - 30 ONLY!





Earths Choice Organic Peanut Butter
500g

$6.99

Earth's choice nut butters are made simply, the old-fashioned way.



Califia Farms Unsweetened Almond Beverage
or Oat, 1.4 Litres

$5.49

Pour over cereal, blend into smoothies, add to coffee, or drink it straight from a glass.

GLUTEN FREE

MADE IN CANADA

Nature's Path Organic Waffles
210g



$4.99

Plus Deposit, Recycling Fee Where Applicable

Always organic. 10 g whole grains per serving.

MADE IN CANADA



Liberté Greek Multipack Yogurt
or Méditerranée, 4-Pack & 400g

$4.99

With a texture that's the richest and creamiest on the market, this is yogurt at its finest.

CANADIAN OWNED



Organic Traditions Latte with Probiotics
Selected Varieties, 150g

$16.99

Uplifting, jitter-free energy without the caffeine crash.



Stash Tea
Selected Varieties, 18-20 Bags

$4.99

We take extraordinary measures to ensure our products are responsibly sourced from vetted partners.

GLUTEN FREE



Teeccino Organic Herbal Tea
10-Pack

$8.49

A swirl of sweet and creamy caramel against roasted dandelion and chicory roots, enhanced by dates, figs and almonds.



CANADIAN OWNED

Camino Organic Hot Chocolate
Selected Varieties, 275g & 366g

$8.99

Treat yourself to a delicious cup of smooth and milky hot chocolate.

NOURISHING LIFESTYLES SINCE 1990





Bone Brewhouse Instant Bone Broth
80g

$7.99

Easy-to-digest and gut-friendly, our Bone Brewhouse deliciously sippable instant bone broths make on-the-go wellness convenient and satisfying.

GLUTEN FREE

MADE IN CANADA



Hardbite Natural Potato Chips
128g & 150g

$3.49

By cooking in small batches and using simple ingredients we ensure great flavour.



Whittaker's Chocolate Slab
45g & 50g

$2.29

We like to make good, honest chocolate, so we have committed to Rainforest Alliance certification.



Bioitalia Organic Extra Virgin Olive Oil
750 mL

$21.99

Delicious organic cold-pressed olive oil for your recipes or enjoying simply with bread.

DIETITIAN'S TOP CHOICE

Are you looking for healthy variety in your diet?

Let the Choices Nutrition Team help.

Each month in our stores you'll find green labels on certain products, indicating our Dietitian's Top Choices.

CANADIAN OWNED



ORGANIC TRADITIONS

Organic Traditions is a Canadian superfood company that brings nutrient-dense ingredients and traditional wellness foods from around the world to a modern landscape. Inspired by practices such as Ayurveda, cacao traditions, and tea rituals, their products make it easy to add ingredients like cacao, matcha, turmeric, and adaptogenic herbs to smoothies, oatmeal, baking, and everyday eating. Adaptogens such as cacao provide antioxidants and minerals, while turmeric has many anti-inflammatory properties. With certified organic ingredients, rigorous quality standards, and a commitment to planting one tree for every bag sold, Organic Traditions makes wellness both simple and sustainable.



VITA COCO

Vita Coco Coconut Water is a refreshing source of electrolytes, including potassium, making it a great option for hydration after activity or on busy days. Its naturally sweet flavour can also be used creatively in the kitchen. Try replacing some or all of the water, juice, or added sugar in homemade popsicles, smoothie pops, or desserts for kids. Coconut water can also add a subtle sweetness to smoothies and desserts while contributing hydration and electrolytes. Beyond its products, Vita Coco is committed to supporting coconut-growing communities and protecting the natural resources that help coconuts thrive.

MADE IN CANADA



SÖTA

Looking for a refreshing alternative to traditional soft drinks? SÖTA combines organic tea, functional botanicals, and adaptogens with nothing artificial added. Each flavour contains a thoughtfully selected adaptogen, such as ashwagandha, traditionally used in Ayurvedic practices to support balance during periods of stress, tulsi (holy basil), valued for supporting focus and mental clarity, or lion's mane, a mushroom traditionally used to support cognitive function and mental performance. Built on a base of organic tea, SÖTA delivers crisp flavour and refreshing bubbles without relying on artificial ingredients, making it an enjoyable way to elevate your hydration routine.



PEARS

Sweet, juicy, and incredibly versatile, pears are a delicious fall and winter fruit packed with fibre to support digestive health and help keep you feeling satisfied. They can be enjoyed fresh as a simple snack, sliced into salads, baked into crisps, blended into smoothies, or poached for an elegant dessert. Pears pair beautifully with warming spices like cinnamon and ginger, making them a seasonal favourite for both sweet and savoury recipes. Whether you're looking to add more fruit to your day or experiment with seasonal cooking, pears are a nutritious and flavourful choice.



Pumpkin Chia Pudding

INGREDIENTS

1 cup	pumpkin purée
2 cups	milk or unsweetened plant-based milk
1/3 cup	chia seeds
1 tsp	vanilla extract
1 tsp	pumpkin pie spice
1 tbsp	maple syrup (optional)

OPTIONAL TOPPINGS

- Plain Greek yogurt
- Chopped walnuts or pecans
- Pumpkin seeds
- Ground cinnamon

INSTRUCTIONS

1. In a medium bowl, whisk together pumpkin purée, milk, vanilla, pumpkin pie spice, and maple syrup (if using).
2. Stir in chia seeds until well combined
3. Let sit for 5 minutes, then stir again to break up any clumps.
4. Cover and refrigerate for at least 4 hours or overnight until thickened.
5. Divide into serving dishes and top with Greek yogurt, nuts, seeds, or a sprinkle of cinnamon, if desired.

WELLNESS CENTRE SPECIALS

35 YEARS

NOVEMBER 1 - 15 ONLY!



Healthology Cholesto-less
60 Soft Gels

$39.99

CHOLESTO-LESS helps maintain and support cardiovascular health by lowering total blood and LDL (bad) cholesterol and maintaining healthy cholesterol levels.



New Roots Curcumin Plus Piperine
90 Capsules

$31.99

New Roots Herbal's Curcumin is standardized to contain 95% curcuminoids, the marker compound recognized in herbal medicine to help relieve joint inflammation.



Flora Flor-Essence Herbal Cleanse
500 mL / 941 mL

$34.99 / $54.99

Flor-Essence® is a traditional herbal formula developed to gently cleanse the whole body at the cellular level.



Salus Floradix-Kindervital Multivitamin
250 mL / 500 mL

$23.99 / $39.99

Floradix-Kindervital is a delicious food supplement for children providing vital calcium and vitamin D which are needed for normal growth and bone development.



NOW Vitamins & Supplements
Assorted Varieties & Sizes

20% OFF

Helps to temporarily promote relaxation;
A factor in the maintenance of good health;
With Vitamin B-6; Vegetarian / Vegan.



DoMatcha Matcha Tea Powders
Assorted Varieties & Sizes

20% OFF

Our Matcha teas contain L-theanine, an amino acid that increases alpha waves in the brain, reducing stress and anxiety.



Sovereign Silver Bio-Active Silver
or Copper Hydrosol,
Assorted Varieties & Sizes

25% OFF

Provides quick sinus relief that naturally helps you breathe freely by thinning mucus in the nose and sinuses, cleanses nasal passages from pollutants and irritants, and eases air flow allowing for clearer breathing.



St. Francis Skin Harmony Oil
30 mL

$15.49

Skin Harmony is a nourishing organic blend of castor oil, rose hip oil, and black seed that provides fatty acids, antioxidants, and vitamins all in one rich, but lightweight formula!



Edori Har Care
Assorted Varieties,
237 mL

$11.99

Meet your routine by hair need, targeted shampoo and conditioner duos made to hydrate, clarify, strengthen, smooth and volumize with purposeful ingredients and everyday care.



Green Beaver Natural Deodorants & Antiperspirants
Assorted Varieties & Sizes

25% OFF

Sweat happens, but body odour doesn't have to. Our aluminum-free deodorant offers all-day protection without synthetic ingredients, keeping your underarm skin fresh and healthy.



Colour Energy Dead Sea Salts
600g / 1 kg,
Coarse or Fine

$13.99 / $19.99

FOR PHYSICAL, MENTAL & SPIRITUAL CLEANSING
Since ancient times Dead Sea Salts have been known for their therapeutic and healing powers that even the Ancient Egyptians used in their beauty treatments.



Diva Cup & Pelvic Wellness
Assorted Varieties & Sizes

30% OFF

Contains 100% naturally-derived, non-irritating ingredients specifically formulated for delicate vulvar skin. Made without fragrance, sulphates, parabens, or dyes. Vegan and cruelty-free

WELLNESS CENTRE SPECIALS

35 YEARS

NOVEMBER 1 - 15 ONLY!



Organika All Day Protein Hydrator

Assorted Varieties, 650g

$62.99

Adding protein to your day isn't always easy. That's why Organika created a light, refreshing, and protein-packed drink that's effortlessly convenient, delivering hydration and nourishment anytime, anywhere.

Designed to fit seamlessly into your daily routine, it also features probiotics, prebiotics and enzymes to support digestion, all with a light, clear whey isolate formula that's low in sugar. Simple, delicious, and functional, it's the effortless way to stay hydrated, healthy, and energized. Perfect for those who want a clean, protein-packed boost without compromise.



Natural Factors Regenerlife Supplements

Assorted Varieties & Sizes

15% OFF

Regenerlife NMNSurge 500 mg is our highest-potency nicotinamide mononucleotide (NMN) formula. This cutting-edge, metabolically active form of vitamin B3 helps increase NAD+ levels in the blood, a cofactor in cellular energy metabolism. NMN helps maintain the body's ability to metabolize nutrients and supports biological functions that play a key role in the maintenance of good health. Our non-GMO formula provides 500 mg of NMN in just one vegetarian capsule per day.



Boiron Oscillococcinum

6 Doses / 30 Doses

$11.99 / $29.99

Oscillococcinum is a homeopathic medicine that reduces the duration of flu-like symptoms and relieves body aches, headache, fever, and chills.

Oscillococcinum does not cause drowsiness or sleeplessness and is suitable for the whole family: adults, children, and infants.

Oscillococcinum is available in different size formats. Regulated as medicines by Health Canada since 1990, Boiron homeopathic products meet the highest manufacturing and marketing quality standards.



AquaOmega Omega-3 Fish Oil Supplements

Assorted Varieties & Sizes

30% OFF

AquaOmega believes that high potency fish oil supplements stand above the rest in terms of their remarkable ability to help prevent health issues, correct pathological processes before they wreak havoc on the body, and maintain overall health.

AquaOmega Standard fish oil is our base level Omega-3 fish oil supplement. This product is made exclusively from wild-caught anchovies sourced from the pristine waters of the South Pacific.

Our minimum daily dose of Omega-3s has over 3x the concentration of other leading brands on the market.



Prairie Naturals Men's Health Vitamins & Supplements

Assorted Varieties & Sizes

25% OFF

Take a proactive approach to prostate health with Prairie Naturals Prost-Force.

This evidence-based formula combines key nutritional and phytochemical ingredients to support healthy prostate and urinary function.

Ideal for men 40 and beyond, Prost-Force provides natural, drug-free support for men looking to maintain prostate health, promote urinary wellness and support overall well-being.

From Prairie Naturals, home to Canada's #1 Men's Health line, Prost-Force makes targeted prostate support an easy part of a daily wellness routine.



Nena Glacial Clay Facial Care

Assorted Varieties & Sizes

30% OFF

Glacial Clay is clinically proven to contain anti-inflammatory and soothing properties, increase collagen production by 70% (anti-aging benefits), reduce oil on the face by 95% and tighten pores after just one application. Glacial Clay is negatively-charged, making it a powerful magnet for the positively-charged impurities trapped in the skin. Effectively removes dead skin cells and environmental pollutants, revealing a soft and toned complexion.It contains 99% natural Canadian Glacial Oceanic Clay from a pristine source in Northern British Columbia Canada. Glacial Oceanic Clay contains over 60 minerals and rare earth elements beneficial to the skin. For all skin types, including dry, oily, combination, sensitive, and aging skin.

WELLNESS CENTRE SPECIALS

35 YEARS

NOVEMBER 16 - 30 ONLY!



Bio-K Probiotics
Assorted Varieties & Sizes

20% OFF

Our probiotic capsules are clinically supported and feature targeted release technology for gastric resistance and maximum benefits.



CanPrev Vitamin D3 & K2
120 Soft Gels / 240 Softgels

$21.99 / $37.99

D3 & K2 assists the body in the absorption and utilization of calcium and supports the development and maintenance of bones and teeth.



NutraSea Omega-3 Supplements
Assorted Varieties & Sizes

20% OFF

Great tasting, ultra pure omega-3. Supports the maintenance of good health, cardiovascular health, cognitive and brain function. Sustainably sourced ingredients. Pure Check 3rd party tested, 1% for the planet.



Suro Elderberry Syrups
Assorted Varieties & Sizes

25% OFF

Traditionally used in herbal medicine to help fight colds, sore throats, coughs and fevers.



Natural Factors Stress & Sleep Supplements
Assorted Varieties & Sizes

15% OFF

Stress-Relax Mental Calmness contains Suntheanine® L-theanine, an amino acid from green tea that promotes deep relaxation and mental clarity.



Ultimate Testosterone Boost
60 Capsules, Assorted Varieties & Sizes

$23.99

This supplement will help support your overall mood and physicality to give you a better athletic performance.



The Future is Bamboo Personal Care & Oral Care
Assorted Varieties & Sizes

20% OFF

The perfect addition to your daily oral care routine. Made from plant-based materials, these picks are both good for you and the planet.



Before Toothpaste
100 mL, Assorted Varieties

$9.99

Gradually and safely brightens your teeth with our custom blend of high-quality ingredients and sodium fluoride.



Every Man Jack Mens Bodycare
Assorted Varieties & Sizes

20% OFF

A line of hard-working products for guys with high-performance formulas that stand up to every adventure.



Divine Essence Organic Essential Oils & Body Care
Assorted Varieties & Sizes

25% OFF

Patchouli essential oil is used in aromatherapy for the symptomatic relief of acne, eczema, boils and minor skin irritations as well as to help calm nerves.



Vitality Vitamins & Supplements
Assorted Varieties & Sizes

20% OFF

VITALITY uses wild, sustainably-caught fish to strengthen your hair, skin and nails with glowing results.



I Luv It Natural Deodorant
110g / 110g Sensitive, Assorted Varieties

$15.49 / $22.49

Our deodorant is a cream/paste, apply a pea size amount to clean underarms, rub in completely. This is a very healthy way to apply a natural deodorant, and can even attribute to its effectiveness.

WELLNESS CENTRE SPECIALS

35 YEARS

NOVEMBER 16 - 30 ONLY!



New Roots Skin Oils
Assorted Varieties & Sizes

25% OFF

New Roots Exotic Skin Oils
Discover our globally sourced, organic, exotic oils, all validated for identity, purity, and non-GMO status in an ISO 17025–accredited laboratory. Rosehip Seed Oil and Tamanu Oil help minimize the look of wrinkles and support moisture retention.

Intensively nourishing Sea Buckthorn Oil provides care for depleted skin, helping reduce the appearance of stretch marks and supporting elasticity. Argan Oil moisturizes skin for a supple look, shiny manageable hair, and healthy nails.

Skin Lover's Oil amplifies their common benefits while delivering species-specific advantages of each individual oil.



Ecoideas Superfoods
Assorted Varieties & Sizes

20% OFF

Our Baobab Powder is organic and raw, preserving its impressive nutritional profile. Baobab is a very high source of dietary fibre, and an excellent source of vitamin C. It is also high in potassium and is a source of vitamin B1 (thiamine), vitamin B6 (pyridoxine), magnesium and manganese.
Certified Fair For Life

Our supplier in South Africa this past year has contributed to goat rearing projects. Previously, the fair trade funds were used to buy books that were donated to a few schools in their local area.



Pure Encapsulations Cortisol Calm
60 Capsules

$53.99

When you feel stressed, your body releases cortisol. Cortisol Calm offers support to calm the nervous system and helping with normal brain alpha-wave activity for relaxation.

Cortisol Calm is designed to maintain a healthy cortisol response and to help with relaxation, restful sleep, and a positive mood during times of occasional stress. Supports relaxation, restful sleep, and positive mood during times of occasional stress.

- Helps maintain healthy cortisol levels under mild stress
- Potential to support healthy sleep, positive mood and cognitive function
- May help calm the nervous system
- Supports relaxation



Living Cosmetics Tallow Skin Care
Assorted Varieties & Sizes

25% OFF

At Living Cosmetics, we believe true beauty goes beyond skin deep. Our holistic approach to skincare integrates wellness, nutrition, mindfulness, and self-love, offering a complete beauty experience. Our products are intentionally formulated to nourish your skin, uplift your spirit, and enhance your natural radiance. Embrace a lifestyle of inner and outer beauty with Living Cosmetics—where skincare meets wellness.

Our signature line features grass-fed tallow from small Okanagan farms, a timeless ingredient celebrated for its deeply restorative properties. Combined with innovative formulations like fermented toners and oral wellness solutions, Living Cosmetics bridges the gap between ancient beauty rituals and cutting-edge skincare science.



LeafSource Shilajit with Humic Fulvic Acid
Assorted Varieties & Sizes

20% OFF

Start Feeling Good Again with Leafsource®Shilajit contains humic fulvic acid complexes. It's is derived from a 100% natural, organic, prehistoric rain forest that existed millions of years ago. LeafSource contains a spectrum of health-boosting, natural organic acids, derived exclusively from ancient fossilized tropical vegetation.

- Pure Clean Shilajit
- Trusted North American Source
- Science Backed
- Supports Bone Health
- Enormous Positive testimonals
- 3rd Party Tested
- No Chemicals or Heavy Metals



Egyptian Magic
Assorted Sizes

20% OFF

Based on the ancient Egyptian formula that Cleopatra used to keep her skin glowing, Egyptian Magic is a legendary, multi-purpose 100% natural balm that will leave your skin feeling nourished, healthy and radiant!

Wildly versatile, use as a face moisturizer, lip balm, eye cream, highlighter, body cream, after-shave and even as a hair treatment. It also works wonders on eczema, skin irritations and redness, burn and wound relief.

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Kerrisdale
1888 W 57th Ave, Vancouver
604.263.4600

Yaletown
1202 Richards St, Vancouver
604.633.2392

Commercial Drive
1045 Commercial Dr, Vancouver
604.678.9665

Kelowna
1937 Harvey Ave, Kelowna
250.862.4864

South Surrey
3248 King George Blvd, Surrey
604.541.3902

Burnaby Crest
8683 10th Ave, Burnaby
604.522.0936

Abbotsford
3033 Immel St, Abbotsford
604.744.3567

North Vancouver
801 Marine Dr, North Vancouver
604.770.2868

Parksville
319 Island Hwy East
250.947.8000

Eco Audit
Reducing our environmental impact, we chose to print our newsletters on 100% post consumer recycled fibres. Look what we saved this month:

Tree(s): 27
Waste: 1,199 kg
Water: 97,773 L
Greenhouse Gas Emissions: 3,932 kg CO2
Smog: 5 kg NOx
Energy: 23 GJ

Results based on the Rolland Environmental Calculator

STAR OF THE SEASON

NOVEMBER 15 - DECEMBER 24

Choices' Star of the Season Program enriches the lives of families all across Metro Vancouver, the Fraser Valley, Vancouver Island and the Okanagan.

Kindly donated by Calabar Printers, Choices' Holiday Stars may be purchased between November 12th and December 24th for a donation of $2.00.

FOR MORE DETAILS ON EACH NEIGHBOURHOOD HOUSE, PLEASE VISIT OUR WEBSITE: CHOICES.MARKET

- Little Mountain Neighbourhood House
- Britannia Community Services
- Gordon Neighbourhood House
- Marpole Oakridge Family Place
- Fraserside Community Services
- Semiahmoo Family Place
- Kitsilano Neighbourhood House
- Archway Community Services
- The Bridge Youth & Family Services
- North Shore Neighbourhood House

