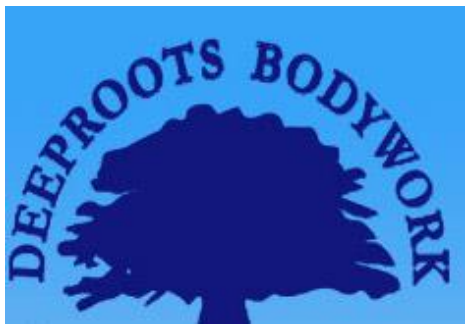




Conserving our natural resources through education, demonstration, and collaboration.

## DeepRoots Bodywork becomes a Sustainable Sandhills Certified Green Business!



[DeepRoots Bodywork](#) is a family owned manual therapy business located right here in Fayetteville. The practice is focused on creating shifts in body structure to facilitate wellness and awareness. Pamela Carlson and her husband Richard perform a structural integration technique called Rolfing that uses a soft tissue approach to correct posture and alignment. They also offer Myofascial-Release, Functional Movement, and Cranio-Sacral Therapy, some of the most powerful bodywork modalities available. Along with caring for your well being, this veteran owned and operated business also cares about the environment.

Ms. Carlson said that environmental sustainability and sustainable development are her passions, and it is obvious when you step into their facility. Their business is located in a converted house, which uses energy efficient and natural light. Grass and trees remain in the back and front yards, and mulch is used for water retention at the tree roots. Ms. Carlson even offers the nuts from the trees in the backyard to her clients.

Recycling is also very important to **DeepRoots Bodywork**. Items like massage lotion bottles are reused as much and as often as possible. Recycling is collected by Ms. Carlson and taken off site since Fayetteville does not offer free recycling for small businesses.





**DeepRoots Bodywork** is obviously very conscious about being involved in environmental efforts. Since this is **DeepRoots Bodywork's initial certification** as a **Sustainable Sandhills Green Business**, their certification will last for one year. Keep up the good work, **DeepRoots Bodywork**, and thank you for being a community leader by having such a sustainable business!

*Green businesses reduce waste, promote recycling, become energy and water efficient, purchase eco-friendly products, and educate their employees and customers about the multiple benefits of a sustainable community. For more information about how your business can become a **Sustainable Sandhills Certified Green Business** today, please contact our Green Business Coordinators: In Moore, Montgomery, Richmond, and Scotland Counties - **Kea Meacham** (910.639.3983); In Cumberland, Hoke, Harnett, and Lee Counties - **Celestine Raineri** (910.484.9098).*