

September 2025



A NOTE FROM KERN

FOUNDER & REGISTERED PHYSICAL & MANUAL THERAPIST

Pain is not a lifestyle. Many of us carry discomfort for so long that it starts to feel “normal.” At The Rehab Center, our mission is to change that. Healing starts with small steps, and one of those steps is simply showing up for your body.



www.wearetherehabcenter.com

STRETCH BEFORE YOU SWEAT

Stretching before your workout is an investment in your performance and injury prevention. A good stretch activates your muscles, improves mobility, and helps you get the most out of every rep.

PRO TIP

Aim for dynamic pre-workout stretches like leg swings & arm circles, and save the deep, static stretches for after.





SERVICE SPOTLIGHT

FUNCTIONAL GYM

Our gym is designed for strength, conditioning, and mobility. Your sessions include mobility-focused training that keeps your body aligned and injury-free.

Our qualified, tried, and tested Personal Trainers and Functional Therapists bring expertise in strength and conditioning for sports, carnival prep, beginner gym training, and recovery programs. This means you're not just working out; you're training **smarter, safer, and with purpose.**

Membership starts at \$600/month

STAFF HIGHLIGHT

Natalian brings a caring touch and professional expertise to every session. From easing muscle tension to enhancing recovery, his work helps our clients move better and feel better every day.

Book a massage session with him today and experience the difference



NATALIAN HOYTE
OUR DEDICATED MASSAGE THERAPIST

Take a 2-minute posture check right now.

Uncross your legs, sit tall, roll your shoulders back, and breathe deeply. Your spine will thank you.



U IN WELLNESS

DID YOU CATCH THE LATEST EPISODE?

This conversation pulled back the layers on men's mental health, a topic often left in silence. It's one of those episodes you'll want to listen to and share.

[Watch Here](#)

HOW CAN MEN'S/BOYS VOICES BE HEARD?

This is a space for dialogue. Share your thoughts, stories, or encouragement so we can amplify men's experiences and break the silence together.

✉ uinwellnesspodcast@gmail.com

ANNOUNCEMENTS

Kinesio Taping (CKTT) Course Oct 4th, 2025

This internationally recognized certification course equips professionals with advanced taping techniques for pain management, injury recovery, and performance enhancement. Limited spots available. Secure yours today!

Massage Therapy now added at Paria Suites – Mondays Only

Gift Cards now available digitally – perfect for birthdays or “just because.”



In Photo: The participants of the April 2025 Cohort CKTT Kinesio Taping Course

Thank you for being part of our community!

DID YOU KNOW?

MANUAL THERAPY

Is an advanced specialty area of physical therapy practice that involves hands-on examination and treatment techniques (joint mobilization/manipulation, soft tissue work, etc.) integrated with exercise, and patient education to address pain, restore function, and improve wellness.

Many professionals are working longer hours, often at desks, in meetings, or on-site. This can lead to stiffness, back pain, and stress-related tension.

Manual therapy helps combat the toll of overwork, keeping you moving, productive, and pain-free.



THE REHAB CENTER #WEVEGOTYOURBACK

Where to find Us!

- SEPT 3RD - 26TH** 35 Wrightson Rd, POS
- SEPT 8TH, 15TH, 22TH** Paria Suites, S Trunk Rd, San Fernando
- SEPT - OCT 27TH - 4TH** 229 Lance Gibbs St, Queenstown, Georgetown.

1-868-703-1579 | 1-868-747-3422 +592-604-0587
www.wearetherehabcenter.com

TRIVIA

1. We've been operating in Guyana for how many years?

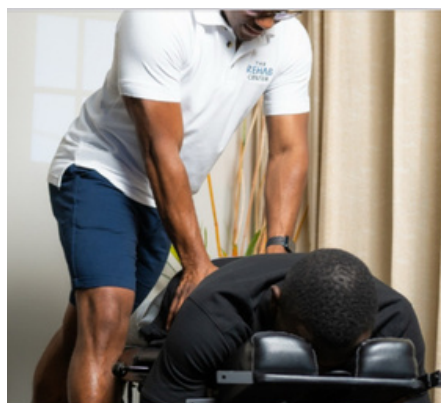
2. How many locations does The Rehab Center have?

 **Do you know the answer? Message us on Instagram with your guess.**

Your health journey doesn't have to wait.

From therapy and recovery to massage, and conditioning, every service we offer is designed to help you feel better.

**One stretch. One session. One step at a time.
See you next month!**



868 703 1579
592 604 0587



35 Wrightson Rd, Port of Spain, Trinidad
229 Lance Gibbs St, Queenstown, G/town, Guyana