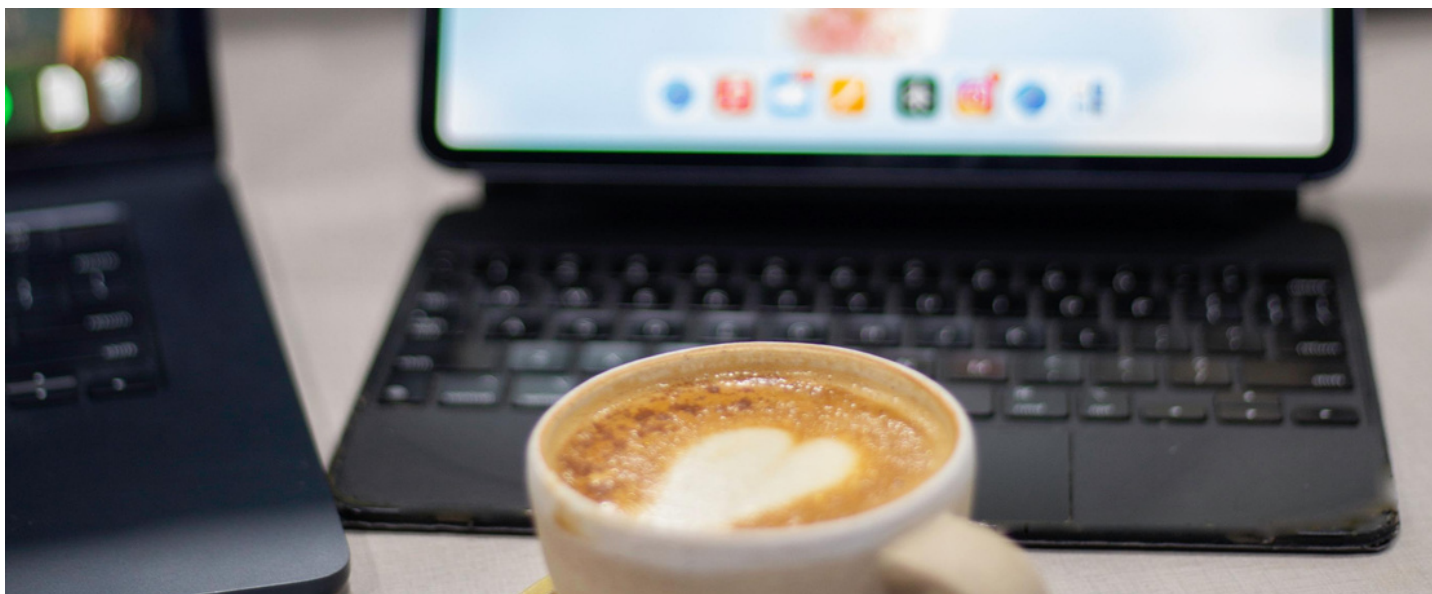


October 2025



HEALTH TIP FROM KERN

FOUNDER & REGISTERED PHYSICAL & MANUAL THERAPIST

Recovery is preparation. Your body needs consistency, care, and balance to keep showing up for you. But we tend to neglect it until it breaks down. This month, I want to encourage you to prepare; for your next goal, workout, long day.

Recovery is something you build into your life.



MOVEMENT AS MEDICINE

Regular movement helps prevent stiffness, improve circulation, and ease mental stress. Movement is a type of therapy that helps your body be ready to carry the weight of long hours, demanding schedules, or daily responsibilities.

PRO TIP

Movement lowers cortisol (your stress hormone) and boosts dopamine, your body's "happy juice." So when you move, you're lifting your mood too.



SERVICE SPOTLIGHT

SELF-DEFENSE & FUNCTIONAL GYM LAUNCH



PERSONAL SAFETY & SELF-DEFENSE CLASSES

You'll learn practical techniques, situational awareness, and the science of self defense.

Led by Professor Oluyemi Mashama.

Classes: Tuesdays | 6:30–7:30 PM

\$650 MONTHLY | \$200 PER CLASS | [SIGN UP HERE](#)

FUNCTIONAL GYM CLASSES

Our expert trainers will guide you every step of the way during our structured evening classes from 5:30 PM to 6:30 PM.

Prefer to train on your own? You can work out anytime between 6:00 AM and 9:00 PM, Monday to Saturday, at your own pace. Whether you join a class or come in solo, you'll have access to a space built for real movement, and results.

\$600 MONTHLY | \$100 PER CLASS | [SIGN UP HERE](#)



STAFF HIGHLIGHT

Meet Daniel – Our Vibrant Client Care Host

Daniel is the warm energy at the front of the clinic welcoming you and always ready to help.

His goal is to make sure your experience at The Rehab Center feels as good as the results you leave with.

**Be sure to smile when you meet him,
he'll be smiling back!**



DANIEL JOSEPH
CLIENT CARE HOST

Take a 2 minute breathe check.

**Breathe for 4 seconds, hold for 4 seconds, breathe out for 4 seconds and hold for 4 seconds.
Repeat for 4 times.**

U IN WELLNESS

U IN WELLNESS TURNS 1!

On October 16th, U in Wellness celebrates one year of shared stories, and lessons that have inspired us all to live and feel better. It's been a journey worth every episode.

We're grateful for every listener, guest, and supporter who made this possible. Thank you!

CATCH UP HERE

WHAT WAS YOUR FAVORITE EPISODE?

Share it with us on Instagram @uinwellness, we'd love to hear what resonated with you most.

✉ uinwellnesspodcast@gmail.com



ANNOUNCEMENTS

Did You Know We Moved?

Our Port of Spain HQ relocated in April 2025 to a bigger, better space at **35 Wrightson Road**.

CKTT Course Recap

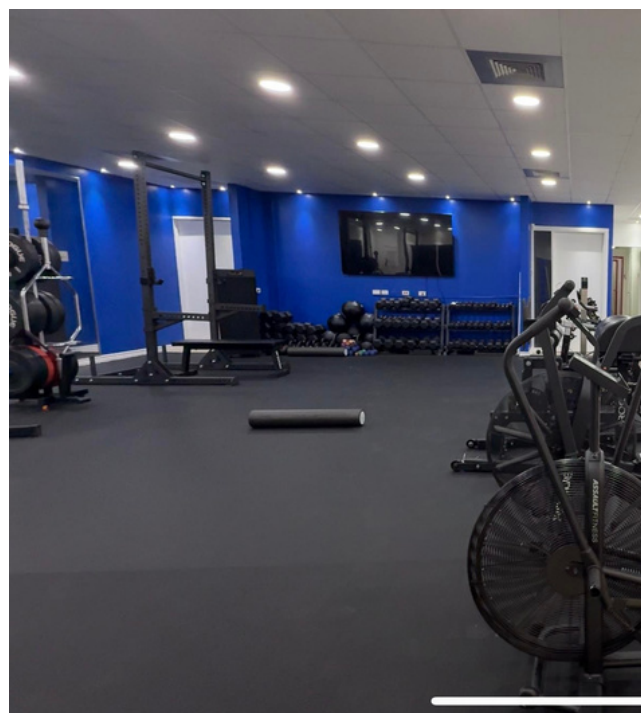
Thank you to everyone who joined our October 4th & 5th sessions! Stay tuned for more courses in 2026.

Self-Defense Classes Now Open

Registration is live.

We are hiring Physiotherapists!

Send your resume to development.therehabcenter@gmail.com



Thank you for being part of our community!

DID YOU KNOW? “THE CRACK”

Many people describe it as a “crack”, but there’s no cracking happening at all during **an adjustment**.

The pop, not crack, is the sound of gas being released from the joints as pressure changes.

The adjustment is a precise, controlled manual therapy technique that restores mobility, eases tension, and improves alignment. The sound is just the natural result of that process.

The adjustment is the treatment.
The gases released is the sound.
There is no “cracking” involved.
What you hear is **a pop**.

Your body releasing pressure, restoring balance, and responding to the precision of skilled technique and focused care.



THE REHAB CENTER #WEVEGOTYOURBACK

Where to find Us!

- OCT 7TH – 29TH** 35 Wrightson Rd, POS
- OCT 6TH, 13TH, 27TH** Paria Suites, S Trunk Rd, San Fernando
- NOV 1ST – 8TH** 229 Lance Gibbs St, Queenstown, Georgetown.

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

HOW TO BOOK WITH US

Booking your appointment is simple!

1. Connect with us on WhatsApp. Choose the number for Guyana or Trinidad.
2. Select your preferred date from the options listed in our greeting message.
3. Send us your full name
4. Let us know your time preference — AM or PM.
5. Be prepared to make a deposit to confirm your booking:
 - **MMG** for Guyana clients
 - **Bank Transfer** for Trinidad clients
6. Deposit received, your spot is **officially secured**.

Remember, we’ve got your Back!

WALK-INS

Walk-ins are welcome, but secured appointments take priority.

We’ll do our best to accommodate you based on availability, however, **a wait time should be expected**.

Booking ahead is always the best way to secure your spot and minimize delays.



868 703 1579
592 604 0587



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