

NEWSLETTER

December 2025



THE
REHAB
CENTER



A MESSAGE FROM THE TEAM

Dear Valued Clients,

As we come to the end of 2025, we want to take a moment to say thank you. This year moved quickly, and it brought its own challenges and wins for all of us, but through it all, you continued to trust us with your care. We don't take that lightly. Every appointment, conversation, and bit of feedback has helped us grow into a stronger, more intentional team.

We've made some meaningful changes this year, new services, systems, and team members, all with the goal of serving you better. And while we're proud of how far we've come, we're even more excited about what's ahead.

Thank you for choosing The Rehab Center, for supporting us, and for allowing us to be part of your wellness journey. We appreciate you, and we're grateful to walk into a new year with you.

Warm regards,

Team Rehab

HEALTH TIP

From Kern

Christmas cleaning is a whole workout by itself – lifting, bending, reaching, moving furniture, washing walls... all of it puts extra pressure on your back. Most of the pain people feel in December doesn't come from injury, it comes from doing too much, too fast, with poor form.

My tip is simple: **pace yourself and protect your back.**

Take breaks. Bend with your knees, not your spine. Don't twist while lifting. And if you've been working for a while, stop and stretch, even two minutes makes a difference.

Remember guys, I've got your back!



• **GIVE THE GIFT OF Relief**

Gift Cards Available for:

- Monthly Gym Membership
- Manual Therapy Sessions
- Full Body Massage Sessions

• Valid Until for 3 months from date of purchase.

THE REHAB CENTER
GIFT CARD
Specially for you
WE'VE GOT YOUR BACK!

HOLIDAY Recovery

Recovery doesn't only happen when you're resting, it happens with intention. During the holidays we sit more, travel more, eat differently, and push our bodies in small ways that add up.

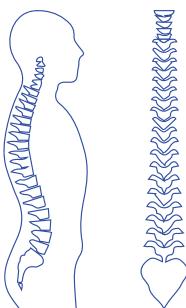


PRO TIP

A short walk after meals, a few deep breaths before bed, and keeping hydrated can help lower tension and keep your energy steady.

Small habits really do make a difference.

HOLIDAY BACK-SAVER CHECKLIST



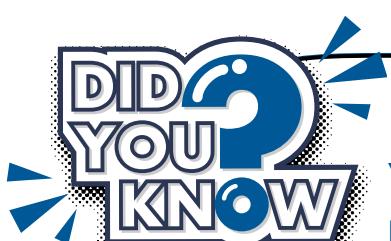
- Lift with your legs, not your spine
- Don't twist while carrying items
- Break long tasks into smaller chunks
- Warm up before heavy cleaning (yes, warm up!)
- Stretch before bed

LEARN THE SCIENCE OF
**SELF-
DEFENSE**

CLASSES START JANUARY 2026

- Every Tuesday
- 6:30pm – 7:30pm
- 35 Wrightson Rd, Port of Spain

Book Now



Your body repairs faster with gentle movement than with long periods of stillness. Even a slow 10-minute stretch routine can reduce stiffness and improve circulation, especially during the holidays.

JANUARY 2026

WHERE TO *find us*

THE REHAB CENTER



PORT OF SPAIN
JAN 6TH-28TH

SAN FERNANDO
JAN 12TH, 19TH, 26TH

GUYANA
JAN 29TH - FEB 4TH

BOOK NOW

868 703 1579 | 592 604 0587
www.wearetherhabcenter.com

REHAB *Updates*

WE ARE HIRING:

Licensed Physiotherapists

Send your resume to

wearetherhabcenter@gmail.com

OFFICE SPACE FOR RENT

Perfect for Physiotherapist, Doctor, or any practitioner in the wellness space.

Connect with us: 323-3244.

Thank You

For your support in 2025.

Wishing you a joyful holiday season and a powerful start to the new year.

We look forward to having your back in 2026.



WE'VE GOT YOUR BACK!



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