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June

"June suns, you cannot store them. To use, or lose the store; the summer sunshine made us." - Ralph Waldo Emerson

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As summer approaches, it's time for all of the exciting summer sports to kick off! We're here to support you for all of your summer needs, whether it's an injury requiring physiotherapy, sore muscles needing a soothing massage, or athletic therapy for any sports-related issues. Whatever your needs are, our team is ready to help you stay active and enjoy the season to the fullest!

[New Staff](#)[Services we offer](#)



Meet our newest Physiotherapist Mahan!

Mahan's journey in the field of physiotherapy began with a Bachelor's degree from Shiraz University of Medical Sciences, followed by a Master's in Sports Physiotherapy from Iran University of Medical Sciences. Her quest for knowledge and holistic healing led her to India, where she immersed herself in intensive yoga training and yoga therapy classes. This transformative experience left her with profound questions about how to integrate yoga and mental practices into physiotherapy to



Did you know that we offer virtual counselling services?

Our Counsellor, Karly can help with a wide variety of concerns such as:

- anxiety
- depression
- trauma
- grief
- and more!

Karly offers evening appointments so you don't have to take time off!

Karly is passionate in supporting clients she works with as they navigate their journey. Life can

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Fueled by these unanswered questions, Mahan is currently pursuing a PhD at the University of Manitoba. Her research focuses on the intricate mental aspects of physical pain, aiming to uncover new insights and develop innovative approaches in this complex field. Mahan's academic excellence and unwavering commitment to continuous learning exemplify her ability to delve deep into complex subjects and contribute meaningfully to the field of physiotherapy.

In her free time, Mahan maintains an active lifestyle through yoga, strength training, and outdoor activities, ensuring her own physical and mental well-being. Her commitment to personal growth and empowering others underscores her pursuit of helping individuals achieve optimal health and vitality.

move forward. Karly aims to support where her clients are at and to further assist clients to reach their full potential.

You can schedule your counseling appointment online, via email at info@physigomobile.com, or by calling or texting (431) 303-5050. Feel free to contact us if you have any questions!

Thank you to everyone who has left us a 5 star review! We would like to share one of our most recent reviews!



Everyone at PhysiGO is friendly & helpful! Kate is very knowledgeable and explained the treatment & exercises well. I'm thankful for services like this in our area!

I'm so happy with all services with PhysiGO I would highly recommend!

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