
WFMP August 2025 Newsletter

Wetaskiwin Family Medical Practice

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The year is flying by ...

Can you believe that it is August already? We at WFMP can't believe how fast the year has gone by! We hope that you have been enjoying the Summer season as it has been here, but school and Fall are right around the corner!

As we announced on our Facebook & Instagram pages, WFMP will be getting a new Doctor! Doctor (NAME) will be joining WFMP in (DATE) to help with (WHAT DR IS HELPING WITH). At this time, she will not be taking new patients but will be looking to help cover Doctors that are away to ensure that their patients are having their needs met if their Doctor is away.

Enjoy the weather!

- WFMP

WFMP Community Wellness Corner

This month we are going to talk about change and readiness for change. We are told that people must want to change to be successful. While there is some truth to this, this is not the full picture. People can succeed when they are supported to change, even when they aren't fully ready. The most important step is opening the door for change...maybe what's on the other side is where you really want to be?

I look forward to hearing from you,
Kandis, Community Wellness Navigator

WFMP Referral Corner

There are ongoing changes to referral processes in Alberta. When your Doctor refers you to a specialist, on many occasions the specialist will send back what is known as a Pathway for your Doctor and you to follow. It may involve trying different treatments such as physiotherapy or medications to see if you can be managed by your family Doctor instead of seeing a specialist. It may mean you will need to try different treatments while you are waiting to be seen.

This is to make sure that when you do see a specialist, everything that can be done to manage your condition has already been done and that you really do need to be seen. It is extremely important that you follow your Doctors' instructions as many specialists will not accept your referral until all recommendations have been tried.

As always, please call with any questions and we will get the answer for you.

Happy August!!
Louise

To keep up to date with WFMP, follow us on Facebook & Instagram!
Facebook: Wetaskiwin Family Medical Practice
Instagram: wetaskiwinfamilymedical



WETASKIWIN
FAMILY MEDICAL PRACTICE

Upcoming Events

All of August

Addiction Awareness

August 12th

International Youth Day

August 19th

World Humanitarian Day

August 31st

International Overdose Awareness Day

Staff Birthdays

Please join us in wishing the following a happy birthday in August:

- Louise
- Alisha
- Dr. van der Walt
- Shauna

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Caring to Share Corner Addiction Awareness Month

Addiction Awareness Month is a time to learn about addiction and how it affects people's lives. It happens every year in August. The goal is to help people understand what addiction is, break the stigma, and support those who are struggling.

Addiction is when someone can't stop using a substance, like alcohol or drugs, even when it causes harm. It can also include things like gambling or using the internet too much. Addiction affects the brain and makes it hard for people to make healthy choices.

Addiction affects millions of people, including their families and friends. By talking about it, we can spread kindness and support. Addiction is a health issue, not a choice or weakness. With help, recovery is possible.

How Can You Help?

Listen without judgment.

Share information to help others understand.

Support local programs and treatment centers.

Check in on loved ones who may be struggling.

If you or someone you know is living with addiction, there is help available. Talk to a doctor, counselor, or support group. Recovery takes time, but it is possible.

Let's use Addiction Awareness Month to show care, raise understanding, and bring hope to those in need.

Fun Fact

When taking a warm shower, people experience an increased dopamine flow which leads to more creativity.

Please take a look at our Online Newsletter with the QR Code to the Right.



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WFMP on Social Media

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