

WFMP September 2026 Newsletter

Wetaskiwin Family Medical Practice

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Happy September!

We hope you are enjoying the fall transition. The leaves are starting to change color, and with changes over time, we decided to make the WFMP Focus for this month Healthy Aging month! Please read the Caring to Share section on the next page to learn more about healthy aging!

September marks the Terry Fox Run! Please join us this month in supporting the Terry Fox Foundation. We are running a drive in the clinic for donations. If you are interested in donating, please talk to reception or visit our website to be put on the Wall of Hope in either the Main Clinic or the Train Station!

We will also be participating in the Terry Fox Run at By-the-Lake Park on September 20th at 10 AM. Follow our social media pages to stay updated on the Terry Fox Run. Come join in on the fun on the 20th at 11 AM at By-the-Lake Park!

As mentioned last month, we anticipate Dr. Taiwo will be starting at WFMP in the Fall! We can't wait for her to join our clinic. Please keep your eyes on our social media pages for Dr. Taiwo's start date at WFMP!

- WFMP

WFMP Caring Corner – The Importance of Play

When did you last play? Joy and recreation are vital to your health.

Doing things just for fun lowers stress hormones and boosts your immune system. Whether it is playing a board game, crafting, or kicking a ball, play is medicine. There are many free or low-cost opportunities for individuals and families to reconnect with play and joy in Wetaskiwin without breaking the bank. This September, schedule "playtime" into your week.

Do not view fun as a luxury. It is a necessary tool to keep your heart and mind healthy, happy, and strong, best yet when it is free.

Contact the CWN program for information on where to find the fun.

Kandis, Community Wellness Navigator

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



Upcoming Events

All of September

Healthy Aging Month

September 1st

October Schedules for Dr. Schlenther, Dr. Brand & Dr. Jeffery open.

September 7th

Labour Day (WFMP Closed)

September 15th

October Schedules for Dr. Hendriks, Dr. de Wet, Dr. van der Walt, Dr. Stassen, Dr. Lee, Dr. Berry & Dr. Hicks open.

September 20th

Terry Fox Run

September 30th

Truth & Reconciliation Day

Staff Birthdays

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

- Bri
- Deanna
- Dr. Schlenther
- Connie

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Caring to Share September: Healthy Aging Month

September is Healthy Aging Month, a great time to think about the small things we can do to stay healthy and active as we get older. Healthy aging is not just about living longer—it is about feeling your best and enjoying the things that matter to you.

Stay Active

Regular movement can help keep your muscles, bones, heart, and mind healthy. You do not need to do hard workouts to see benefits. Walking, gardening, stretching, swimming, or other activities you enjoy are great ways to stay moving.

Try to include some physical activity in your day, even if it is only for a few minutes at a time.

Eat Well

Eating a variety of healthy foods gives your body the nutrients it needs. Try to include plenty of fruits and vegetables, whole grains, and foods that provide protein.

Remember to drink enough water throughout the day as well. Staying hydrated is important at every age.

Keep Your Mind Active

Your brain needs exercise too! Reading, puzzles, learning a new skill, playing games, or trying a new hobby can help keep your mind active.

Staying connected with friends, family, and your community is also important for your mental and emotional well-being.

Keep Up With Your Health

Regular checkups can help find health concerns early. Talk with your healthcare provider about recommended screenings, vaccinations, medications, and any changes you have noticed in your health.

Do not ignore changes in your vision, hearing, balance, sleep, memory, or mood. Bringing up concerns early can help you get the support you need.

Healthy Aging Starts With Small Steps

It is never too late to make healthy changes. You do not have to change everything at once. A short daily walk, an extra serving of vegetables, calling a friend, or booking an overdue checkup can all make a difference.

This Healthy Aging Month, choose one small step you can take to support your health today and in the years ahead.

Fun Fact

Over a lifetime, a person produces enough saliva to fill two swimming pools.

Sign up for the WFMP Newsletter to have it delivered to your email every month! Use the QR Code to the Right or go to www.wfmp.ca/connect



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WFMP on Social Media

Keep up to date with WFMP!



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