

## WFMP October 2025 Newsletter

### Wetaskiwin Family Medical Practice

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We are so excited to be closing into the end of the year. With Halloween around the corner, we can't wait to show you all our Halloween costumes and to have some very yummy candy for the holiday season.

October also does bring in Breast Cancer Awareness Month, please keep your eyes on our socials and website for more information about Breast Cancer Awareness Month.

- WFMP

### WFMP Community Wellness Corner

This month I wanted to talk a little about self-care. Self-care is the practice of taking time to intentionally spending time to replenish our "reserves". Self-care is vital, especially when we look at stress and pressure. Healthy self-care techniques can include: Getting quality sleep, eating healthily, getting exercise and enjoying hobbies alone or with others. Life is hard sometimes, remembering to take time to practice healthy selfcare is vital to help us navigate the tough times. If you would like further information on resources, please contact me and we can find strategies together.

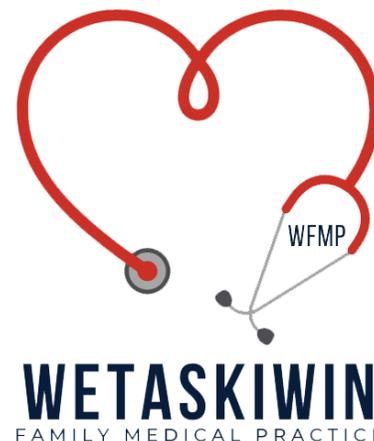
Kandis, Community Wellness Navigator

### WFMP Referral Corner

We are so excited to announce that our Clinic was chosen by HealthQuest and AHS to be the test clinic for e-Referrals. Recently we became the first clinic in Alberta to submit an entirely electronic referral. These referrals are uploaded to NetCare which is the Provincial Health Record. Electronic submissions are much more secure than faxing or emailing referrals and we get an instant reply that the referral was received. Eventually these referrals will be available for viewing on your Alberta MyHealth site. The test has been going extremely well so far and with very few bugs to work out.

As always, call us with any questions you may have and we will be happy to find answers for you.

Louise,  
Referral Manager



### Upcoming Events

#### All of October

Breast Cancer Awareness Month

#### October 1<sup>st</sup>

November Schedules for Dr. Schlenther, Dr. van den Berg, Dr. Brand & Dr. Jeffery open.

#### October 10<sup>th</sup>

World Mental Health Day

#### October 13<sup>th</sup>

Thanksgiving (WFMP Closed)

#### October 15<sup>th</sup>

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

#### October 31<sup>st</sup>

Halloween

### Staff Birthdays

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

- Erin
- Joy

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

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### Caring to Share Corner Breast Cancer Awareness Month

October is Breast Cancer Awareness Month, a time to learn, share, and support those affected by breast cancer. Breast cancer is one of the most common cancers, and it can affect anyone, but it is most often found in women.

This month is about raising awareness so people know the importance of early detection. Regular check-ups, mammograms, and paying attention to any changes in your body can make a big difference. Finding breast cancer early often leads to better treatment outcomes.

It is also a time to show support for those who are living with breast cancer, survivors, and their families. Many people wear pink ribbons in October as a symbol of hope and strength. Communities also hold events to raise money for research and to help provide care for patients.

By learning more, spreading the word, and supporting each other, we can all play a part in the fight against breast cancer.

### 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 below.



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Instagram: [wetaskiwinfamilymedical](#)



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## WFMP on Social Media

Keep up to date with WFMP!



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