

WFMP September 2025 Newsletter

Wetaskiwin Family Medical Practice

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As summer winds down and we settle into fall routines, September is the perfect time to refocus on health and wellness.

This fall will bring Dr. Hicks to Wetaskiwin and WFMP and we couldn't be more excited. Dr. Hicks will be working in Wetaskiwin for the next several months helping the doctors at our office while they are not in clinic with their patients as well as she will be working at the Same Day Care Clinic. Our hope is to have the Same Day Care Clinic open 2-3 days per week. Follow us on the socials to keep up with when that clinic will be open.

WFMP was successful in obtaining a grant from FCSS to host fitness and walking classes this fall. This time will be great for those who are beginners or just getting back into exercise. The idea of these classes is for people to come together.

September also marks the Terry Fox Run – we will be raising money for Cancer Research for the Terry Fox Foundation, so please keep an eye on our social media if you are interested in contributing to a great cause!

- WFMP

WFMP Community Wellness Corner

Small changes can lead to significant and lasting improvements in various aspects of life. Starting with small changes builds confidence, reduces fear of change, and allows for gradual adaptation, leading to greater resilience, higher self-confidence and overall well-being.

Schedule an appointment with me and together we will look for areas where a change could do you good, as well as areas we can support you on your journey to change.

Kandis, Community Wellness Navigator

WFMP Referral Corner

The Province has been trying to ease wait times for Hip & Knee referrals which are extremely long at this time. The Bone & Joint Clinics in the province have started Screening Clinics to get you treatment sooner. These clinics are intended to optimize your treatment and to make sure you are ready for any surgical intervention such as joint replacement that needs to be done.

You will be assessed by an MSK Specialist before you see an Orthopedic Surgeon and recommendations will be sent to your family physician. The intent is to make sure you have tried every therapy available before surgery becomes necessary as there are risks involved with every surgical procedure. It is so important that you follow all the recommendations from your doctor and any specialists you may see. We want you to get the care you need!

As always, call us with any questions you may have, we are here to help.
Louise, Referral Coordinator, WFMP



WETASKIWIN
FAMILY MEDICAL PRACTICE

Upcoming Events

All of September

Arthritis Awareness Month

September 1st

Labour Day – WFMP Closed

September 2nd

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

September 14th

Terry Fox Run

September 15th

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

September 22nd

Dr. Hicks' first day at WFMP.

September 30th

National Day for Truth & Reconciliation

Staff Birthdays

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

- Dr. Schlenther
- Connie

To keep up to date with WFMP, follow us on Facebook & Instagram!
Facebook: [Wetaskiwin Family Medical Practice](https://www.facebook.com/WetaskiwinFamilyMedicalPractice)
Instagram: [wetaskiwinfamilymedical](https://www.instagram.com/wetaskiwinfamilymedical)

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Caring to Share Corner Arthritis Awareness Month

September is Arthritis Awareness Month, a time to learn about a condition that affects millions of people worldwide. Arthritis is not just "aches and pains." It is a disease that causes inflammation and stiffness in the joints, making everyday tasks difficult.

There are over 100 types of arthritis, with osteoarthritis and rheumatoid arthritis being the most common. Symptoms include joint pain, swelling, and reduced movement. While arthritis can happen to anyone, it is more common as we age.

There is no cure for arthritis, but treatment can help. Exercise, a healthy diet, and medications can make a big difference. Early diagnosis is important to prevent further joint damage.

This month, let's raise awareness by sharing information, supporting those who live with arthritis, and encouraging healthy habits. Every small step helps bring us closer to better care and research.

Fun Fact

Ken Jennings is, unsurprisingly, the highest-earning American game show contestant, with winnings totaling more than \$4.5 million over his 74 game win streak and additional tournaments. During his 74 game streak, he ran out of interesting facts to share about himself during the interview at the beginning of the contest, and simply began making them up.

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



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



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WFMP on Social Media

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