

## WFMP April 2026 Newsletter

### Wetaskiwin Family Medical Practice

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#### Hoppy April!

Easter is around the corner, and we are very excited for what Spring has in store at WFMP! The next time you are in the office, take time to check out our bulletin boards to see our monthly health focus. We would love to hear what you think about them.

You may have noticed some social media posts about a new Adult & Family Mental Health Program as well as a Senior & Palliative Care Program that we are in the process of rolling out at WFMP. Information posters are up about both these programs, if you think they might be a good fit for you - please talk to your doctor about referring you.

Please be aware that we are closed on April 3<sup>rd</sup> for Good Friday, but we will be open on Monday, April 6<sup>th</sup>.

We are thankful and honored that you choose WFMP to be your medical home. Happy Easter!

- WFMP

#### **WFMP Caring Corner**

Caregivers truly are the heartbeat of our communities. In Canada, about 8 million people—one in four of us—provide essential, unpaid care for loved ones facing health challenges or aging.

This month, I would like to recognize these dedicated individuals who contribute roughly 5.7 billion hours of care annually. On Tuesday, April 7, 2026, we officially celebrate National Caregiver Day. While it's a labor of love, it can be taxing. The Community Wellness Program can help you find essential programs and financial support to help ease the load.

Please reach out to the Community Wellness Program to find out more.

Kandis  
Community Wellness Navigator, WFMP

#### **Upcoming Events**

##### **All of April**

Alcohol Awareness

##### **April 1<sup>st</sup>**

May Schedules for Dr. Schlenker, Dr. Brand & Dr. Jeffery open.

##### **April 2<sup>nd</sup>**

World Autism Acceptance Day

##### **April 3<sup>rd</sup>**

Good Friday (WFMP Closed)

##### **April 5<sup>th</sup>**

Easter Sunday

##### **April 7<sup>th</sup>**

World Health Day

##### **April 15<sup>th</sup>**

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

##### **April 22<sup>nd</sup>**

Admin Professionals Day

#### **Staff Birthdays**

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

- Meghan
- Dr. Berry
- Dr. Bailey
- Ashley

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

#### Alcohol Awareness: Making Healthier Choices

Alcohol is a common part of many social situations, but it's important to understand how it can affect your health. Alcohol awareness is about knowing your limits, making informed choices, and recognizing when alcohol may be causing harm.

##### What is "low-risk" drinking?

For most adults, low-risk drinking means limiting how much and how often you drink.

General guidelines suggest:

*No more than 1–2 drinks per day*

*Having alcohol-free days each week*

*Avoiding binge drinking (4–5 drinks in a short time)*

##### How alcohol affects your health

Even small amounts of alcohol can impact your body. Over time, drinking too much can increase the risk of:

- Liver disease
- High blood pressure
- Certain cancers
- Mental health concerns like anxiety or depression

Alcohol can also affect sleep, energy levels, and concentration.

##### Some people should avoid alcohol altogether or speak with a healthcare provider before drinking, including:

- People taking certain medications
- Those with chronic health conditions
- Pregnant individuals
- Anyone with a history of substance use concerns
- Signs alcohol may be a problem

##### It may be time to reassess your drinking if you notice:

- Drinking more than planned
- Difficulty cutting back
- Alcohol affecting work, relationships, or health

##### Tips for healthier choices:

- Set a limit before you start drinking
- Alternate alcoholic drinks with water
- Eat before and while drinking
- Plan alcohol-free days each week

If you have questions or concerns about alcohol use, your healthcare team at WFMP is here to support you. Small changes can make a big difference in your overall health and well-being.

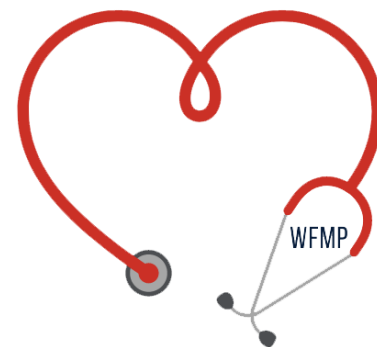
### Fun Fact

The doorway effect is a psychological phenomenon where people often forget their intention or task after passing through a doorway into a new environment.

Sign up for the WFMP Newsletter to have it delivered to your email every month! Use the QR Code to the Right!



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**WETASKIWIN**  
FAMILY MEDICAL PRACTICE

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## WFMP on Social Media

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