

WFMP February 2026 Newsletter

Wetaskiwin Family Medical Practice

5107 50 Street, Wetaskiwin AB. T9A 1K1

www.wfmp.ca T: 780-352-3010



February may be the shortest month of the year, but it's full of heart. Heart Month is our focus but it's also a good time to focus on kindness, connection, and compassion—for ourselves, our families, and our community.

Valentine's Day isn't just about romance—it's also a reminder to care for the most important heart of all: **yours**. Check in on your physical and mental well-being. Reach out to loved ones to see how they are doing and show kindness to those around you and most importantly to yourself.

On Pink Shirt Day we stand for: Respect and inclusion, Safe spaces at school, work, and home and early support for emotional and mental health concerns. Join us in wearing pink on February 25 as we all stand together.

We're grateful to be part of your health journey.

- WFMP

WFMP Community Wellness Corner

Change can be exciting, but it's rarely easy. Whether it's improving health, starting a new career, or breaking old habits, having support makes all the difference. The Community Wellness Program offers encouragement, accountability, and guidance to help you stay motivated and resilient. With a supportive network by your side, you can celebrate progress, navigate setbacks, and keep moving forward. Remember—you don't have to do it alone. Join the Community Wellness Program and make your journey toward change stronger and brighter. If you would like more information, call and set up an appointment today.

Kandis, Community Wellness Navigator

WFMP Referral Corner

Wait Times for Specialist Care

The most common referral we do is to Orthopedics. This is also, unfortunately, the specialty with the longest waitlist times in the province. One way that AHS has tried to shorten wait times is to start Rapid Access Clinics where you are seen by a team of Nurses, Nurse Practitioners and Doctors who examine you and recommend what needs to be done so that you qualify and are as prepared as you can be for surgery if you need it.

If they recommend a course of treatment, it is so important that you follow through with their recommendations as soon as you can. It can mean the difference in many months of waiting for a surgical consult. If their recommendations do not help, please let your family Doctor know and we can then request you be seen sooner rather than later.

Don't forget to sign up for the Patient Portal, which is our secure email system, so that we can quickly send you the requisitions for any investigations that are required for your referral. As always, please call us with any questions or concerns you may have and we will do our best to help you.

Louise,
Referral Manager, WFMP

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

Upcoming Events

All of February

Heart Month

February 2nd

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

February 14th

Valentine's Day

February 16th

Family Day – WFMP Closed

February 17th

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

February 25th

Pink Shirt Day

Staff Birthdays

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

February 2026

WFMP February 2026 Newsletter



Caring to Share Corner Heart Month – Let's Take Care of Our Hearts

February is known as Heart Month, a time to learn more about heart health and how we can take better care of one of the most important organs in our body.

Your heart works hard for you every single day. It beats about 100,000 times a day, pumping blood, oxygen, and nutrients throughout your body. Keeping your heart healthy helps you feel better, have more energy, and lower your risk of heart disease and stroke. The good news is that small, everyday choices can make a big difference.

Move your body: Try to get at least 30 minutes of activity most days of the week. This could be walking, dancing, swimming, or even doing chores around the house. Every bit of movement helps your heart stay strong.

Eat heart-healthy foods: Fill your plate with fruits, vegetables, whole grains, and lean proteins like chicken, fish, beans, and nuts. Try to limit foods that are high in salt, sugar, and unhealthy fats, such as fast food, chips, and sugary drinks.

Know your numbers: Blood pressure, cholesterol, and blood sugar levels all affect your heart. Regular checkups with your healthcare provider can help you understand your numbers and manage any concerns early.

Manage stress: Stress can affect your heart health. Taking time to relax, get enough sleep, and do activities you enjoy can help lower stress levels.

Heart Month is a great reminder to check in on your heart health and make small changes that can lead to big benefits over time. If you have questions about your heart or want support in making healthy changes, WFMP is here to help.

Fun Fact

A giraffe's heart is over two feet long!

Sign up for the WFMP Newsletter to have it delivered to your email every month!

Use the QR Code to the Right!



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



Upcoming Events

All of February

Heart Month

February 2nd

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

February 14th

Valentine's Day

February 16th

Family Day – WFMP Closed

February 17th

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

February 25th

Pink Shirt Day

WFMP on Social Media

Keep up to date with WFMP!



Wetaskiwin Family
Medical Practice



Wetaskiwinfamilymedical

February 2026