
WFMP July 2025 Newsletter

Wetaskiwin Family Medical Practice

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Happy July!

This month WFMP is looking at Summer Safety, so keep your eyes on our social medias and website blog about tips about how to combat the summer heat.

We do have some very exciting news coming soon regarding WFMP, so please keep your eyes on our socials and August Newsletter for that exciting information!

Enjoy the Summer!

- WFMP

WFMP Community Wellness Corner

What is the benefit of acknowledging success?

Through adversity we often forget to take time and look at where we are successful. Success looks different to everyone and can be as simple as setting a bedtime routine and sticking with it. One benefit of recognizing success is changing how we view ourselves and it allows us to get excited about future success. Through the Wellness Program we can look for areas that can improve your situation, while celebrating and building off your current success.

You are more successful than you think!

Kandis, Community Wellness Navigator

WFMP Referral Corner

We are always trying to streamline the referral processes so that you are seen as soon as possible. Orthopedic Surgery is one area that has had some changes. Recently we have added requisitions to our system that have the requirements for Orthopedic referrals auto populated into them. It may seem like a lot of images for each area, but it will speed the referral process up.

Often there is no need for an MRI as that may not help the specialist with your diagnosis and treatment. There have also been many advances in ultrasound and now MSK Ultrasounds are as useful as an MRI in many cases. We stay up to date so that you will not need unnecessary investigations and only get the testing you require.

Happy Summer to All!

Louise, Referral Manager

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



Upcoming Events

All of July

Summer Safety

July 1st

Canada Day (WFMP Closed)

July 2nd

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

July 7th

Injury Prevention Day

June 15th

Father's Day

July 15th

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

July 24th

International Self-Care Day

July 30th

International Day of Friendship

Staff Birthdays

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

- Linda

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Caring to Share Corner Summer Safety: Staying Protected from the Sun

Summer is a great time to be outside. The weather is warm, the days are long, and there's lots to do—like swimming, hiking, and playing at the park. But it's also important to stay safe in the sun. Too much sun can hurt your skin and make you feel sick. Here are some easy tips to help you enjoy summer while staying safe.

1. Wear Sunscreen

Sunscreen helps protect your skin from getting burned. Look for one with SPF 30 or higher and put it on before you go outside. Don't forget places like your ears, neck, and the tops of your feet. Reapply every 2 hours, or more often if you're swimming or sweating.

2. Stay in the Shade

Try to find shade when the sun is strongest—usually between 11 a.m. and 3 p.m. Trees, umbrellas, and tents can give you a cool place to rest out of the sun.

3. Wear the Right Clothing

Wear a hat with a wide brim to protect your face and neck. Sunglasses can protect your eyes from harmful UV rays. Light, loose clothing with long sleeves can help cover your skin and keep you cool.

4. Drink Lots of Water

The sun and heat can make you sweat a lot, which means your body loses water. Drink water often, even if you don't feel thirsty. This will help keep you from getting dehydrated.

5. Watch for Signs of Heat Illness

If you start to feel dizzy, tired, or get a headache, you might be too hot. Find a cool place, drink water, and rest. If you or someone else feels very sick, it's important to get help right away.

Summer is fun, but it's always better when you stay safe. By protecting your skin, staying cool, and drinking water, you can enjoy the sunshine without the sunburn!

Fun Fact

There are more than 640 muscles in the human body.

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



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WFMP on Social Media

Keep up to date with WFMP!



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