

WFMP January 2026 Newsletter

Wetaskiwin Family Medical Practice

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Happy New Year! Wishing you and yours the **BEST** for 2026!

We are excited to welcome Dr. Bailey to the WFMP family! She will be working at the Same Day Care Clinic at this time and not accepting new patients. Please stay tuned for updated information regarding this.

Thank you all very much for the support that you all showed our exercise programs that we were running last year – they were very well received. Thanks to FCSS Wetaskiwin for the funding to make those programs happen.

New year – new programs! These programs will be starting in the first quarter of this year and are grants from the Alberta Government Rural Team Recruitment Grant. A geriatric/palliative care nurse as well as adult/family mental health therapist will be great additions to our team and community.

- WFMP

WFMP Community Wellness Corner

A new year offers a powerful opportunity for a reset. A time for setting self-improvement goals and achieving them. Setting specific goals provides clarity and a path forward toward meaningful progress and builds confidence with each success. This isn't about making resolutions; it's about intentional living. Defining where you want to go in life ensures that by year-end, you have a clear measure of growth. Let the Community Wellness program help you achieve your goals by scheduling an appointment. Together we can turn potential into reality.

Kandis, Community Wellness Navigator

WFMP Referral Corner

A New Year is a fresh start, and health resolutions are common ways that we start the year off strong. However, because many resolutions focus on big changes like strict diet or intense workouts they often become difficult to stick to and fall by the wayside.

One of the simplest, most effective things you can do to improve your health is to make DAILY movement a priority. This does not mean spending hours at the gym or training for a marathon. It simply means moving your body every day in a way that feels manageable and is enjoyable.

Walking, stretching in the morning, chair exercises, riding a bike or even dancing to your favorite music can improve circulation, strengthen muscles, & support heart health. Movement also makes us feel better mentally & boosts our energy levels. You will sleep better.

What makes daily movement such a strong resolution is its simplicity. It doesn't require expensive equipment or a gym membership, or the perfect schedule. You can fit it into your day at any time. It's flexible & this makes it easier to stick to. Focusing on consistent daily movement also builds confidence. Each day you choose to move, you reinforce a healthy habit. Small steps taken every day can lead to lasting improvements in your overall health.

This New Year, aim for consistency, not perfection.

Cheryl, RN

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

Upcoming Events

All of January

Alzheimer's Awareness Month

January 5th

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

January 15th

January Schedules for Dr. Hendriks, Dr. de Wet, Dr. van der Walt, Dr. Stassen, Dr. Lee, Dr. Berry and Dr. Hicks open.

January 21st

Bell Let's Talk Day

Staff Birthdays

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

- Kandis
- Amy

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Caring to Share Corner December – The Season of Giving

January is Alzheimer's Awareness Month, a time to learn more about a disease that affects millions of people around the world. Alzheimer's is a form of dementia that impacts memory, thinking, and daily life. It doesn't just affect those diagnosed — it also touches families, friends, and caregivers.

Many people living with Alzheimer's face daily challenges that others may not see. Simple tasks, familiar faces, and everyday routines can become difficult. That's why awareness matters. The more we understand the disease, the more compassion and support we can offer.

This month is also a chance to recognize caregivers. They provide constant care, patience, and love, often while balancing their own responsibilities. Taking time to acknowledge their efforts can make a meaningful difference.

You can support Alzheimer's Awareness Month by learning the early signs, sharing helpful resources, or starting conversations with those around you. Small actions, like spreading awareness or supporting research efforts, can help move us closer to better treatments and, one day, a cure.

This January, let's take a moment to learn, support, and stand with those affected by Alzheimer's disease.

Fun Fact

A giraffe's heart is over two feet long!

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



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WFMP on Social Media

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