

**Are you having trouble paying bills, or buying the things you need like food, medications, rent & utilities?**



If the answer is yes, talk to your Doctor who can refer you to WFMP's Community Wellness Navigator.

The process is simple - through a confidential and caring approach we will help find resources that you might not have known about to assist you in many different circumstances.

Sometimes the smallest step in the right direction ends up being the biggest step of your life. Tip Toe if you must, but take a step.

- Naeem Callaway

**Scan this QR Code if you are interested in more information and want to refer yourself to the Wellness Program at WFMP!**



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**Community Wellness Navigator**  
**Kandis: Direct Line 780-312-1701**  
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**Wetaskiwin  
Family  
Medical  
Practice**

*Community Wellness Program*



**“Health is often determined by more than what happens in the clinic.”**

Whether people are healthy or not has many factors that combine to affect the health of individuals...

- Access to healthy food
- Safe affordable housing
- Transportation
- Affordable childcare
- Affordable medication
- Family and community support
- Education

**WFMP’s Community Wellness Navigator has information to the resources that can help relieve some of these pressures.**

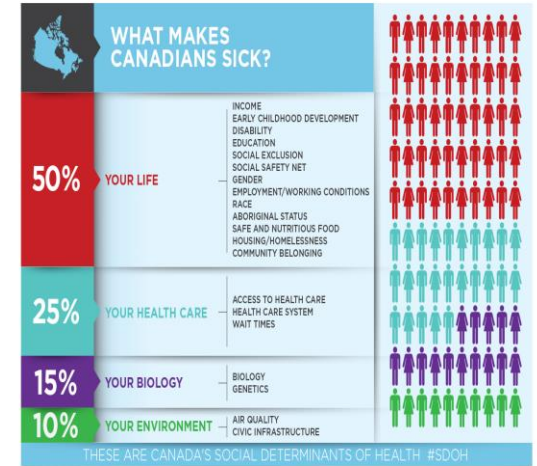
**This is a difficult time for many Albertans. Did you know... 55% of Albertans say they lose sleep over money.**

*“Asking for help is sometimes the hardest step forward to a different path.”*

**There is a large amount of Federal, Provincial and Community Resources available to Alberta Residents.**

Our Community Wellness Navigator will help determine what resources you may need or qualify for and how to get you started on a healthier path.

**Help is available to you, asking for help is the first step.**



**Financial Strain can hurt your health and can be a risk factor for conditions like:**

- Diabetes
- Cancer
- Heart disease
- Mental health concerns

**Financial strain often forces patients to make sacrifices and choose between necessities, like medication and paying bills. Connecting to resources can have a large impact in the lives and health of our patients.**