



Lori Apostal

Executive Director, Wood Buffalo Primary Care Network and Aspen Primary Care Network

Community: Fort McMurray/Westlock

Lori Apostal has had her finger on the pulse of northern Alberta healthcare for years, earning high praise among her colleagues and community.

The registered nurse's dedication and leadership recently led to her nomination for a Rhapsody Rural Healthcare Heroes Award, an annual award established by RhPAP to recognize rural healthcare providers that demonstrate superior commitment to their patients, healthcare team and community.

Apostal returned to her Fort McMurray roots in 2013, after working as a pediatric intensive care nurse, manager and acute care manager, to take on the role of executive director at the Wood Buffalo Primary Care Network (WBPCN). Since 2020, she has also served as executive director of the Aspen Primary Care Network, which is based out of Westlock.

"Lori became a natural fit within the position very quickly, with her strong clinical and leadership background, accompanied by her knowledge of the area and passion for

healthcare equality within rural and remote communities,” explained Dr. Helen Akosile-Xulu, a family physician who has worked with Apostal over the years in various capacities including as board chair for the WBPCN.

Apostal has navigated her tenure amidst significant regional challenges, including fires, floods, and the COVID-19 pandemic, ensuring that community healthcare needs remained at the forefront.

“Her ability to think outside the box and develop creative solutions to unique situations and circumstances is unparalleled,” emphasized colleague Anna Foley.

Apostal has tirelessly expanded programming across both PCNs, enhancing services in women’s health, seniors’ care, lung wellness, weight management, diabetes and heart care, stroke rehabilitation, and more.

“Lori’s leadership in expanding healthcare services to rural communities in Alberta has been nothing short of transformative,” noted Angela De Varennes, a fellow RN and integration lead for the North Zone Primary Care Network.

[Check out the 2025 Rhapsody nominees here.](#)