



Private Practice Dietitians in Saskatchewan

Private Practice Dietitians set their own rates, so contact the individual dietitian or check their website for pricing. The cost for private practice dietitian services may be covered by your insurance.

Regina and Area:

Joanne Atkins- Joanne Atkins Nutrition Consulting

Email:joanne.atkins@sasktel.net

Phone: 306-565-0017

Michelle Archer-Eatwell Consulting

Website: www.eatwellnutrition.ca

Email: eatwell@sasktel.net

Phone: 306-501-WELL (9355)

Topics: Specializes in assisting individuals to address emotional eating through the Craving Change workshops. Michelle is a licensed Craving Change facilitator. Regularly presents across Southern Saskatchewan on various nutrition topics at workshops, conferences and staff meetings. Also is a diabetes educator with extensive experience in self-management education and working with First Nations communities.

Shelley Case- Case Nutrition Consulting Inc.

Website: www.glutenfreediet.ca

Email: info@glutenfreediet.ca

Phone: 306-536-7716

Topics: individual consults for Celiac disease and non-celiac gluten sensitivity only

Thomas Hamilton and Carla Coulson-Personal Best Nutrition Consultants

Email: pbnc@accesscomm.ca

Phone: 306-565-3204

Topics: sports nutrition and healthy lifestyle nutrition counseling

Krista Sawatzky- Monarch Fat Loss Solutions, Inc.

Website: www.realway2lose.com

Email: Krista.monarch@live.ca

Phone: 306-525-4656

Topics: 10 week healthy lifestyle programs, weight loss/maintenance, meal planning, healthy lifestyle counseling and individual/group counseling

Roxane Wagner

Email: roxane.wagner@gmail.com

Phone: 306-450-0244



SASKATCHEWAN
DIETITIANS
ASSOCIATION



Saskatoon and Area:

Brooke Bulloch- Food to Fit

Website: www.foodtofit.ca

Email: brooke@foodtofit.ca

Phone: 306-717-6291

Topics: individual nutrition assessment and coaching, weight management, sports nutrition, family, infant nutrition and baby food making classes, group workshops and corporate wellness

Cathy Langdon-The Food Mentor

Website: www.thefoodmentor.ca

Email: info@thefoodmentor.ca

Topics: weight loss/weight management, Craving Change facilitator, general healthy eating presentations

Kelli Skwark

Email: kswark@shaw.ca

Phone: 291-8230

Topics: cardiovascular disease (CVD) prevention and treatment

Noelle Tourney- Noelle Tourney Nutrition and Wellness Consulting

Website: www.noelletourney.com

Phone: 306-260-8040

Topics: weight management, healthy eating, sport nutrition, nutrition and dance, individual and group counseling

Stephanie Wheler - Something Nutrishus Counseling and Coaching

Website: www.nutrishus.com

Email: steph@nutrishus.com

Phone: 306-262-7319

Topics: sports nutrition, corporate wellness, general healthy eating, weight management, writing, individual and group sessions