



### 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. This list is categorized by geographical location: provincial, Saskatoon and area, Regina and area.

#### **Michelle Archer-Diabetes Training 101 Inc.**

Website: [www.diabetestraining.ca](http://www.diabetestraining.ca) Email: [diabetestraining@sasktel.net](mailto:diabetestraining@sasktel.net)

Phone: 306 -501-9355 Twitter: @DiscoverT2D Facebook: Diabetes Training 101 Inc.

LinkedIn: <http://www.linkedin.com/pub/michelle-archer-rd/14/375/59a>

Topics: Education, management and support for people living with diabetes. Also deliver professional education programs for health care professionals and para-professionals wanting to learn more about diabetes self-management education through my Diabetes Manager University (DMU) training program and the Discovering Diabetes Self-Management curriculum.

#### **Brooke Bulloch and Associates- Food to Fit**

Website: [www.foodtofit.ca](http://www.foodtofit.ca) Email: [brooke@foodtofit.ca](mailto:brooke@foodtofit.ca)

Phone: 306-717-6291 Twitter: @foodtofit Facebook: Food to Fit

Topics: holistic assessment and nutrition care planning for individual or families seeking support with meal planning, weight loss using whole foods and mindful eating techniques, chronic disease prevention, irritable bowel syndrome and gastrointestinal health, food allergies, eating disorders, bariatric surgery, fitness/athletic performance and infant nutrition. Food To Fit also offers group presentations, corporate wellness programs, menu analysis, and professional seminars. We also provide support for older adults in personal care home environments.

#### **Alison Friesen- Alison Friesen Nutrition**

Website: <http://www.alisonfriesennutrition.com> Email: [alisonsfriesen@gmail.com](mailto:alisonsfriesen@gmail.com)

Phone: 306-716-6203 Twitter: AlisonFriesenRD Facebook: Alison Friesen Nutrition

Topics: Sports dietitian offering individual, group or team sessions. Also provides individual or family nutrition assessment and consultation for general health, fitness/athletic performance, disordered eating and digestive health. Alison Friesen Nutrition also offers group presentations and workshops and professional seminars.

#### **Linda Gilmour Kessler- North Sky Consulting**

Phone: 306-930-9164 Email: [lkessler@northskyconsulting.ca](mailto:lkessler@northskyconsulting.ca)

Topics: Diabetes and chronic disease prevention and management-individual counselling, group workshops/presentations, community projects and agriculture commodity group consulting and spokesperson.

#### **Stephanie Langdon - Something Nutrishus Counseling and Coaching**

Website: [www.nutrishus.com](http://www.nutrishus.com) Email: [steph@nutrishus.com](mailto:steph@nutrishus.com) Phone: 306-262-7319

Blog: [www.nutrishus.blogspot.com](http://www.nutrishus.blogspot.com) Twitter: @nutrishusRD Instagram: @nutrishusRD

Topics: Food industry/commodity group consultant and spokesperson; sports dietitian and service provider, writer, blogger, social media/communications expert; presenter/workshop facilitator. Focused on wellness, performance and prevention.

## **Andrea Toogood- Essence Nutrition and Wellness Coaching**

Website: [www.essencenutritionandwellness.com](http://www.essencenutritionandwellness.com)

Email: andrea.rdcoach@gmail.com

Phone: 1-866-670-9379 Ext. 3065

Telephone nutrition and wellness coaching from the convenience of your home or office.

## **Saskatoon and Area Private Practice Dietitians**

### **Chelsea Belt**

Website: [www.vitaenutritionssaskatoon.com](http://www.vitaenutritionssaskatoon.com)

Email: chelseaharrisrd@gmail.com

Phone: 306-361-3534

Topics: fertility, prenatal, postnatal, infant and child nutrition

### **Cathy Langdon- Craving Change™ Facilitator**

Email: clangdon2@shaw.ca

## **Regina and Area Private Practice Dietitians:**

### **Joanne Atkins- Joanne Atkins Nutrition Consulting**

Email: joanne.atkins@sasktel.net

Phone: 306-565-0017

### **Nicole Pulvermacher-Eatwell Nutrition Consulting**

Website: [www.eatwellnutrition.ca](http://www.eatwellnutrition.ca)

Email: [nicole@eatwellnutrition.ca](mailto:nicole@eatwellnutrition.ca) Phone: 306-533-6908

Twitter: @NicoleEatwell

Facebook: Eatwell Nutrition Consulting

LinkedIn: [ca.linkedin.com/in/nicolepulvermacher](http://ca.linkedin.com/in/nicolepulvermacher)

Topics: Healthy lifestyle, food-behaviour change, weight management, and personalized menu plans. Also sees clients for treatment of medical conditions, including high blood pressure, high cholesterol, prediabetes, metabolic syndrome, and Irritable Bowel Syndrome. For corporations and groups, Nicole offers her expertise in facilitating Craving Change™ programs, nutrition workshops, menu reviews, grocery store tours, and resource development.

### **Shelley Case- Case Nutrition Consulting Inc.**

Website: [www.glutenfreediet.ca](http://www.glutenfreediet.ca)

Email: [info@glutenfreediet.ca](mailto:info@glutenfreediet.ca)

Phone: 306-536-7716

LinkedIn: [www.linkedin.com/in/shelleycase](http://www.linkedin.com/in/shelleycase) Twitter: @shelleycase

Facebook: shelleycase.rd and [gluten.free.diet.resource.guide](http://gluten.free.diet.resource.guide)

Topics: Celiac disease, non-celiac gluten sensitivity and the gluten free diet. Consultant, media expert, spokesperson and presentations/workshops (for consumers, food industry and health professionals).

### **Lacey Engel- Diaita Wellness**

Website: [www.diatawellness.com](http://www.diatawellness.com)

Email: [lacey@diatawellness.com](mailto:lacey@diatawellness.com)

Phone: 306-551-6641

Blog: [www.diatawellness.wordpress.com](http://www.diatawellness.wordpress.com)

Topics: Diata Wellness offers personalized, customizable lifestyle based nutrition consulting for individuals and groups. Learn to reshape your thoughts and your lifestyle in our supportive environment.

### **Thomas Hamilton and Carla Coulson-Personal Best Nutrition Consulting Corp.**

Email: [pbnc@accesscomm.ca](mailto:pbnc@accesscomm.ca)

Phone: 306-529-6881

Topics: sports nutrition and healthy lifestyle nutrition counseling

**Jessica Van Blaricom-** Email: [kvanb@live.com](mailto:kvanb@live.com)

Phone: 306-726-2051

Topics: general nutrition and healthy lifestyle counseling

**Roxane Wagner-** Email: [roxane.wagner@gmail.com](mailto:roxane.wagner@gmail.com)

Phone: 306-450-0244