

## Saskatchewan Registered Dietitian Directory for Individual Client Services

There are multiple ways to access the **individual services** of a **Registered Dietitian** in Saskatchewan. How you access the Dietitian's services will depend on where you live and what type of service you need. Use our directory to help navigate. It is organized alphabetically by former regional health authority. Tribal councils are included under the heading of the closest former regional health authority. Private practice Dietitians are listed on page 5, alphabetically by the name of the private practice. There are also several free group class options listed on the last page.

- 1) Dietitian Call Center (Eat Well Saskatchewan) for free nutrition advice: 1-833-966-5541
- 2) Self-refer! Phone your local health center or the number listed below and ask to speak to the dietitian.
- 3) Have your family physician or allied health care provider send a referral for dietitian services.
- 4) Contact a private practice Dietitian who offers fee for service. Check your insurance plan for coverage.

Former Regional Health Authority/Organization	Dietitian Contact Information	***Unless otherwise stated, the Dietitian accepts self and allied health provider referral
<b>Provincial Resources</b>	Canadian Diabetes Association Phone: 306-933-1238 Ext. 2853	
	Eat Well Saskatchewan Phone: 1-833-966-5541 or eatwell@usask.ca	
	Health Canada (Canadian Prenatal Nutrition Program) Phone: 306-780-5791	
	Health Canada (Aboriginal Diabetes Initiatives) Phone:306-780-7246	
	Sports Medicine and Science Council of Saskatchewan Phone: 975-0849	
<b>Former Athabasca Health Authority</b>	Phone: 306-439-2647	
<b>Former Cypress Health Region</b>	Swift Current, Eastend, Gull Lake, Herbert, Hodgeville, Leader, Mankota, Maple Creek, Ponteix, Shaunavon, Vanguard Phone: 306-778-5118 or 1-877-401-8071	
<b>Former Five Hills Health Region</b>	Patient Education Center for all communities in the Five Hills Health Region Phone: 694-0230 Fax:694-0241	
<b>Former Heartland Health Region</b>	Kerrobert/Macklin/Unity/Wilkie- Phone: 306-228-4442 Ext. 2947 Fax: 228-2292	
	Davidson/Dinsmore/Outlook/Lucky Lake/Beechy Phone: 867-5041 Fax:867-5033	
	Dodsland/Eatonia/Eston/Kindersley Phone: 463-1000 Ext. 223 Fax: 463-4550	
	Rosetown, Kyle, Elrose Phone: 306-882-6413 Ext. 230 Fax: 882-6474	
	Biggar Phone: 306-948-3323 Fax: 948-2011	
<b>Former Keewatin Yatthe Health Region</b>	Ile a la Crosse, Beauval, Buffalo Narrows, Green Lake, La Loche Phone:306-833-336	

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<b>Former Kesley Trail Health Region</b>	Melfort, Naicam, St. Brieux Phone: 306-752-8751 Fax:306-752-8711	
	Nipawin, Arborfield, Carrot River, Smeaton, Cumberland House Phone:306-862-7255 Fax:306-862-3250	
	Tisdale, Hudson Bay, Kelvington, Porcupine Plain, Rose Valley Phone:306-873-6523 Fax: 306-873-1049	
	Saskatoon Tribal Council (Kinistin and Yellow Quill) Phone: 306-956-6142 Fax: 306-956-0307	
<b>Former Mamawetan Churchill River Health Region</b>	La Ronge Phone: 306-425-4813 Fax: 306-425-5513	
<b>Former Prairie North Health Region</b>	Lloydminster (Outpatient) Phone: 306-820-4887 Fax:306-820-5978	
	Onion Lake Health Center Phone:306-344-2330 ext. 284 Fax:306-344-2357	
	North Battleford (Outpatient) Phone:306-446-6430 Fax:306-446-7368	
	Meadow Lake (Outpatient) Phone: 306-236-5661 Fax: 306-236-4355	
	Goodsoil/Loon Lake Phone: 306-240-5458	
	Maidstone, Turtleford, St. Walburg, Cut Knife, Paradise Hill, Neilburg Phone:306-893-2622 Ext. 7869 Fax: 306-893-4488	
	Battlefords Tribal Council: Phone:306-937-6700 Fax:306-445-8355	
	Meadow Lake Tribal Council Phone:306-236-8216 or 236-5817 Fax:306-236-3232	
<b>Former Prince Albert Parkland Health Region</b>	Prince Albert (Diabetes), Kinistino, Birch Hills, Shellbrook, Hafford, Blaine Lake, Spiritwood, Big River Phone: 306-765-6464 Fax:306-765-6624	
	PA Co-operative Health Center Phone:306-953-6252 Fax:306-763-2101	
	Agency Chiefs Tribal Council (Spiritwood) Phone: 306-883-3880 Ext. 256 Fax: 306 – 883-3433	
	Prince Albert Grand Council Phone:306-953-7248 Ext. 263 Fax: 306-922-2955	
	Peter Ballantyne Cree Nation Phone:306-953-4425 Fax:306-922-4979	
	James Smith Cree Nation (Kinistino) Phone:306-864-2454	
	Ahtahkakoop Cree Nation (Shell Lake) Phone: 468-2747	
	Saskatoon Tribal Council (Mistawasis, Muskoday and Muskeg Lake) Phone: 306-956-6142 Fax: 306-956-0307	

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<b>Former Regina Qu'Appelle Health Region</b>	Regina (Outpatient) Phone:306-766-8637 Fax: 306-766-2115	
	Four Directions Community Health Center Phone:306-766-7651 Fax:306-766-7534	Services for prenatal and postnatal clients with low income from North Central Regina. Contact the centre for a program calendar of events or to determine eligibility for the Prenatal Program.
	Al Ritchie Health Action Center Phone:306-766-7656	
	Regina Community Clinic Phone:306-543-7880 Ext. 236 Fax:306-543-5545	Must be patient of clinic to access dietitian services.
	MEDEC (Diabetes Education Center) Phone: 306-766-4540 Fax:306-766-4178	
	REACH-Phone: 306-347-3224	
	Fort Qu'Appelle, Balcarres, Lestock, Raymore Phone:306-332-3303 Fax:306-332-3321	
	Grenfell, Broadview, Indian Head, Moosomin, Whitewood, Wolseley Phone:306-697-4037 Fax:306-697-2556	
	File Hills Qu'Appelle Tribal Council Phone:306-332-2487 Fax:306-332-3790	
	Touchwood Agency Tribal Council Phone: 306-835-2937	
	Kawacatoose First Nations (Raymore) Phone: 306-835-2052 Fax: 835-2275	
	George Gordon First Nations Phone: 882-2020 Fax: 835-2673	

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<b>Former Saskatoon Health Region</b>	Saskatoon (Outpatient) Phone:655-4265 Fax:655-4893	Physician or other health care professional referral preferred. Access referral form <a href="#">here</a> .
	Live Well- Chronic Disease Management Fax: 306-655-6758	
	Saskatoon Community Clinic Phone:306-664-4222 Fax:306-664-4120	Must be patient of clinic to access dietitian services.
	University of Saskatchewan Student Wellness Center Phone:306-966-5768 Fax:306-966-5768	Must be student or dependent (kids, spouse) of student at University of Saskatchewan to be eligible to access wellness center services.
	Saskatoon Tribal Council (One Arrow) Phone:306-956-6142 Fax:306-956-0307	
	Humboldt, Watrous, Nokomis, Strasbourg Phone:306-682-8181 Fax: 682-4417	
	Rosthern, Wakaw Phone:306-232-8265 Fax: 232-5218	
	Wynard, Wadena Phone:306-554-3363 Fax: 554-2994	
	Fishing Lake First Nations Phone: 306-338-2680	
	Beardy's and Okemasis First Nation (Duck Lake) Phone:306-467-4402 Ext.224 Fax: -467-4609	
<b>Former Sun Country Health Region</b>	Carlyle, Arcola, Kipling, Maryfield, Redvers, Wawota Phone:306-453-2075 Fax: 306-453-6799	
	Estevan and Oxbow Phone:306-637-2415 Fax:306-637-2492	
	Weyburn, Fillmore, Lampman, Midale, Stoughton Phone:306-842-8425 Fax:306-842-1433	
	Weyburn, Bengough, Coronach, Radville Phone:306-848-2160 Fax:306-842-0737	
	Whitebear Health (Carlyle) Phone: 306-577-2461	
<b>Former Sunrise Health Region</b>	Yorkton (Outpatient) Phone:306-786-0488 Fax:306-786-0457	
	Yorkton (Diabetes) Phone: 306-786-6363 Fax: 786-6364	
	Canora, Kamsack, Preecville, Invermay, Norquay Phone:306-563-1272 Fax:306-563-1251	
	Melville, Esterhazy, Ituna Phone:306-728-9202 Fax:306-728-4925	
	Yorkton Tribal Council Phone:306-782-8130 Ext. 227 Fax:306-786-7679	

<b>Private Practice Dietitians</b>	<b>Private practice Dietitians offer fee for service. Each Dietitian independently sets their fees. Check their websites for information on their fees and areas of speciality. Some insurance plans provide coverage for seeing a private practice dietitian, so check your plan. The owner and location of main office is listed in brackets after the name of the private practice. The location is given as a guide, most dietitians provide services throughout the province, contact directly for details.</b>
	Alison Friesen Nutrition (Alison Friesen, Saskatoon) Website: <a href="http://www.alisonfriesennutrition.com">www.alisonfriesennutrition.com</a> Email: <a href="mailto:alisonsfriesen@gmail.com">alisonsfriesen@gmail.com</a> Phone: 306-716-6203
	Beyond Baby Nutrition (Lacey Engel, Regina) Website: <a href="http://www.beyondbabynutrition.com">www.beyondbabynutrition.com</a> Email: <a href="mailto:lacey@beyondbabynutrition.com">lacey@beyondbabynutrition.com</a>
	Bloom Nutrition (Natalie Carriero and Brittini Gillen, Saskatoon) Website: <a href="http://www.yourbloomnutrition.com">www.yourbloomnutrition.com</a> Email: <a href="mailto:hello@yourbloomnutrition.com">hello@yourbloomnutrition.com</a>
	Diabetes Training 101 Inc. (Michelle Archer, Regina) Website: <a href="http://www.diabetestraining.ca">www.diabetestraining.ca</a> Email: <a href="mailto:diabetestraining@sasktel.net">diabetestraining@sasktel.net</a> Phone: 306-501-9355
	Eat Complete Registered Dietitian Consulting (Amber Barrowman, Kamsack) Email: <a href="mailto:eatcompleteird@gmail.com">eatcompleteird@gmail.com</a> Phone: 306-590-7760
	Eatwell Nutrition Consulting (Nicole Pulvermacher, Regina) Website: <a href="http://www.eatwellnutrition.ca">www.eatwellnutrition.ca</a> Email: <a href="mailto:nicole@eatwellnutrition.ca">nicole@eatwellnutrition.ca</a> Phone: 306-533-6908
	Essence Nutrition and Wellness Coaching (Andrea Toogood, Regina) Email: <a href="mailto:andrea.rdcoach@gmail.com">andrea.rdcoach@gmail.com</a> Phone: 306-529-2218
	Food to Fit Nutrition Inc. (Brooke Bulloch and Associates, Saskatoon) Website: <a href="http://www.foodtofit.ca">www.foodtofit.ca</a> Email: <a href="mailto:brooke@foodtofit.ca">brooke@foodtofit.ca</a> Phone: 306-717-6291
	Joanne Atkins Nutrition Consulting (Joanne Atkins, Regina) Email: <a href="mailto:joanne.atkins@sasktel.net">joanne.atkins@sasktel.net</a> Phone: 306-565-0017
	Nutrition & U (Angela Banks, Regina) Email: <a href="mailto:nutritionbyangela@outlook.com">nutritionbyangela@outlook.com</a> Phone: 306-530-3355
	Personal Best Nutrition Consulting Corp. (Thomas Hamilton and Carla Coulson, Regina) Email: <a href="mailto:pbnc@accesscomm.ca">pbnc@accesscomm.ca</a> Phone: 306-529-6881
	Real Nutrition (Tammy Shakotko, Meadow Lake) Website: <a href="http://www.realnutrition.ca">www.realnutrition.ca</a> Email: <a href="mailto:tammy@realnutrition.ca">tammy@realnutrition.ca</a> Phone: 306-236-1756
	Roxane Wagner (Regina) Email: <a href="mailto:roxane.wagner@gmail.com">roxane.wagner@gmail.com</a> Phone: 306-450-0244
	SK Research Ltd (Sheila Shumay, Regina) Email: <a href="mailto:sheila@skresearch.com">sheila@skresearch.com</a> Phone: 306-529-3988
	Sobeys- Stonebridge and Varsity Commons (Sobeys Grocery Stores Saskatoon) Phone: 306-244-6345
	The Diabetes Sweet Life (Linda Gilmour Kessler, Prince Albert) Website: <a href="http://www.diabetessweetlife.com">www.diabetessweetlife.com</a> Email: <a href="mailto:linda@diabetessweetlife.com">linda@diabetessweetlife.com</a>
	Vitae Nutrition (Chelsea Belt, Saskatoon) Email: <a href="mailto:vitae.nutrition.doula@gmail.com">vitae.nutrition.doula@gmail.com</a> Phone: 306-361-3534
	Vitality Nutrition (Courtney Berg, Saskatoon) Website: <a href="http://www.vitalitynutrition.ca">www.vitalitynutrition.ca</a> Email: <a href="mailto:Courtney@vitalitynutrition.ca">Courtney@vitalitynutrition.ca</a> Phone: 306-292-6419
	Warman Physiotherapy and Wellness (Heather Tulloch, Warman) Email: <a href="mailto:heather@warmanphysio.com">heather@warmanphysio.com</a> Phone: 306-373-9355
	Your Independent Grocer Dietitian (Sophia Khan, Saskatoon) Email: <a href="mailto:sophia.khan@loblaw.ca">sophia.khan@loblaw.ca</a> Phone: 306-914-6192

<b>Group Class Options</b>	<b>Once you are referred to a dietitian, they may direct you to a group education class within their program that is appropriate for your situation and needs. Listed below are some options for general nutrition education and/or group classes run by registered dietitians that you can self-refer or sign yourself up for.</b>
	Live Well in Saskatoon offers education on a number of chronic disease management topics, Craving Change program, Grocery Store Tours and Cooking Classes. Call 655-LIVE (5483)
	Weight Management – Group class in Saskatoon for Adults. Call 655-LIVE (5483)
	Weight Ways- class in Saskatoon for Adults. Call 655-LIVE (5483)
	Healthy Family Weights- Parents as Agents for Change classes in Saskatoon. Call 655-LIVE (5483)
	Independent Grocers in Saskatoon offers free monthly tours on selected topics and free tours for school groups. As the topics vary each month, email <a href="mailto:Sophia.khan@loblaw.ca">Sophia.khan@loblaw.ca</a> directly or follow on social media to find out topics and locations.
	Save on Foods offers nutrition tours in Saskatoon, PA, Moose Jaw, Yorkton and Regina. Sign up for nutrition tours on their website: <a href="https://www.saveonfoods.com/nutrition-tours/?_ga=2.195001069.1712207014.1557257490-1386259695.1557257490">https://www.saveonfoods.com/nutrition-tours/?_ga=2.195001069.1712207014.1557257490-1386259695.1557257490</a>