

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 two pages.

- 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
Provincial Resources	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	
Former Athabasca Health Authority	Phone: 306-439-2647	
Former Cypress Health Region	Swift Current, Eastend, Gull Lake, Herbert, Hodgeville, Leader, Mankota, Maple Creek, Ponteix, Shaunavon, Vanguard Phone: 306-778-5118 or 1-877-401-8071	
Former Five Hills Health Region	Patient Education Center for all communities in the Five Hills Health Region (Moose Jaw area) Phone: 694-0230 Fax:694-0241	
Former Heartland Health Region	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	
Former Keewatin Yatthe Health Region	Ile a la Crosse, Beauval, Buffalo Narrows, Green Lake, La Loche Phone:306-833-336	

Regional Health Authority/Organization	Dietitian Contact Information	*Unless otherwise stated, accepts self and allied health referral
Former Kesley Trail Health Region	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	
Former Mamawetan Churchill River Health Region	La Ronge Phone: 306-425-4813 Fax: 306-425-5513	
Former Prairie North Health Region	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	
Former Prince Albert Parkland Health Region	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	

Regional Health Authority/Organization	Dietitian Contact Information	**Unless otherwise stated accepts self and allied referral
Former Regina Qu'Appelle Health Region	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	

Regional Health Authority/Organization	Dietitian Contact Information	**Unless otherwise stated accepts self and allied referral
Former Saskatoon Health Region	Saskatoon (Outpatient) Phone:655-4265 Fax:655-4893	Physician or other health care professional referral preferred. Access referral form here .
	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	
Former Sun Country Health Region	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	
Former Sunrise Health Region	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	

Private Practice Dietitians	Private practice Dietitians offer fee for service. Check websites for information on 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.
	Health Stand Nutrition Consulting (Alison Friesen) Website: www.HealthStandNutrition.com Email: alison@healthstandnutrition.com Phone: 403-262-3466
	Beyond Baby Nutrition (Lacey Engel, Regina) Website: www.beyondbabynutrition.com Email: lacey@beyondbabynutrition.com
	Bloom Nutrition (Natalie Carriero and Brittni Gillen, Saskatoon) Website: www.yourbloomnutrition.com Email: hello@yourbloomnutrition.com
	Body Bliss (Janelle Fettes, Radville)- Email: Janelle_bert@hotmail.com Phone: 306-869-2878
	Breastfeeding Dietitian (Robyn Price) Website: www.breastfeedingdietitian.com Email: hello@breastfeedingdietitian.com
	Diabetes Training 101 Inc. (Michelle Archer, Regina) Website: www.diabetestraining.ca Email: diabetestraining@sasktel.net Phone: 306 -501-9355
	Direct Dietitian Services (Rebecca Picot) Website: www.directdietitian.ca Email: Rebecca@directdietitian.ca Phone: 639-318-0288
	Eat Complete Registered Dietitian Consulting (Amber Barrowman, Kamsack) Email: eatcompleterd@gmail.com Phone: 306-590-7760
	Eatwell Nutrition Consulting (Nicole Pulvermacher, Regina) Website: www.eatwellnutrition.ca Email: nicole@eatwellnutrition.ca Phone: 306-533-6908
	ELEVATE Nutrition and Wellness (James Bayne, Saskatoon) Website: www.elevatenutritionandwellness.ca Email: elevatenutritionandwellness@gmail.com
	Food to Fit Nutrition Inc. (Brooke Bulloch and Associates, Saskatoon, Regina) Website: www.foodtofit.ca Email: admin@foodtofit.ca Phone: 306-717-6291
	Ignite Athletics (Mat Leung, Saskatoon) Website: www.igniteathletics.com/nutrition Email: mat@igniteathletics.com Phone: 306-717-6881
	Jessica Braun, RD & Digestive Health (Jessica Braun, Virtual) Website: https://sites.google.com/view/jessicabraunrd Email: info@jessicabraunrd.com
	Marissa Dawn Nutrition (Marissa Lindquist, Lloydminster) Website: marissadawnnutrition.blogspot.com Email: marissadawnnutrition@gmail.com Phone: 306-291-3293
	North Battleford Strength and Conditioning (Dallas Odgers, North Battleford) Website: www.nbstrength.ca/nutritioncoaching Email: dallas.odgers@gmail.com Phone: 306-713-1292
	Personal Best Nutrition Consulting Corp. (Thomas Hamilton and Carla Coulson, Regina) Email: pbnc@accesscomm.ca Phone: 306-529-6881
	Real Nutrition (Tammy Shakotko, Meadow Lake) Website: www.realnutrition.ca Email: tammy@realnutrition.ca Phone: 306-236-1756
	Roxane Wagner (Regina) Email: roxane.wagner@gmail.com Phone: 306-450-0244
	SK Research Ltd (Sheila Shumay, Regina) Email: sheila@skresearch.com Phone: 306-529-3988
	The Diabetes Sweet Life (Linda Gilmour Kessler, Prince Albert) Website: www.diabetessweetlife.com Email: linda@diabetessweetlife.com
	Vitality Nutrition (Courtney Berg) Website: www.vitalitynutrition.ca Email: Courtney@vitalitynutrition.ca Phone: 306-292-6419
	Warman Physiotherapy and Wellness (Heather Tulloch, Warman) Email: heather@warmanphysio.com Phone: 306-373-9355
	Your Independent Grocer Dietitian Email: sophia.khan@loblaw.ca Phone: 306-914-6192

Group Class Options	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.
	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 Sophia.khan@loblaw.ca directly or follow on social media to find out topics and locations.
	Save on Foods offers virtual nutrition tours in Saskatoon, PA, Yorkton and Regina. Sign up for nutrition tours on their website: https://www.saveonfoods.com/nutrition-tours/

Saskatchewan Health Authority Diabetes Education Centers

Location	Phone	Alternate Contact
Broadview and surrounding areas	306-697-4007	
Buffalo Narrows and surrounding areas	306-235-5842	
Carlyle and surrounding areas	306-453-2075	
Estevan and surrounding areas	306-637-2415	
Fort Qu'Appelle and surrounding areas	306-332-3317	
Grenfell and surrounding areas	306-697-4007	
Humboldt	306-682-7070	1-855-250-7070
Indian Head and surrounding areas	306-697-4007	
Kindersley and surrounding areas	306-463-1000 ext 2522	
La Ronge and surrounding areas	306-425-4826	
Lloydminster and surrounding areas	306-820-6096	
Macklin, Unity, Eston and surrounding areas	306-463-1000 ext 2522	
Maidstone and surrounding areas	306-893-2622	
Meadow Lake and surrounding areas	306-236-1529	
Melfort and surrounding areas	306-752-8786	
Moose Jaw and surrounding areas	306-694-0230	
Moosomin	306-697-4007	
Nipawin and surrounding areas	306-862-9822	
Outlook, Davidson & surrounding areas	306-867-5042	
North Battleford and surrounding areas	306-446-6430	
Prince Albert and surrounding areas	306-765-6464	
Regina	306-766-7200	
Rosetown, Biggar, Kerrobert and surrounding areas	306 882 2672 ext 2522	
Rosthern and surrounding areas	306-862-9822	
Saskatoon	306-655-2136	CDMLIVEWELL@saskatoonhealthregion.ca
Swift Current and surrounding areas	306-778-5446	
Tisdale and surrounding areas	306-873-3760	
Weyburn and surrounding areas	306-848-2162	
Whitewood and surrounding areas	306-697-4007	
Wolsley and surrounding areas	306-697-4007	
Yorkton and surrounding areas	306-786-6363	