

## Services offered by the Interlake - Eastern Regional Health Authority

### Registered dietitians (RDs)

RDs are health care professionals specialized in nutrition. They can counsel and support you in making changes in your eating habits to promote health and prevent chronic illness such as high blood pressure, diabetes, heart disease or cancer. RDs can also counsel you on healthy food choices if you are living with a chronic disease. To learn more about the various types of care and health services offered in your area visit [ierha.ca](http://ierha.ca)

**The Interlake-Eastern Regional Health Authority has RDs in the following communities:**

- Beausejour
- Lac du Bonnet
- Oakbank
- Pinawa
- Pine Falls
- Selkirk
- Whitemouth

**To book a free consultation with any of these RDs call 1-877-979-9355**

**Unable to get to these places?  
You can also Dial-a-Dietitian  
if you have nutrition question**



**Dial-a-Dietitian**  
1-877-830-2892  
Call 204-788-8248 in Winnipeg

**Free nutrition information for everyone**

**Eating well can be a daily challenge and you may have questions.**

Call to speak to a Registered Dietitian right here in Manitoba and get answers about food and nutrition.



Provincial Health Services / Services de Santé  
Provincial Government / Gouvernement du Manitoba  
Manitoba