

Southern Health: 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. Visit <https://www.southernhealth.ca/> for more details.

Access the services of a RD at these locations:

Altona

Altona Community Memorial Health Centre
204-324-8945 ext 2422 / F 204-324-1299

Carman

Carman Memorial Hospital
204-745-2021/F 204-745-2756

Crystal City

Rock Lake Health District Hospital
204-873-2132/F 204-873-2185

Emerson

Emerson Health Centre
204-373-2109/F 204-373-2748

Gladstone

Gladstone Health Centre
204-385-2968 ext 2247/F 204-385-3387

MacGregor

MacGregor Health Centre
204-685-2850 ext 2230/F 204-685-2529

Manitou

Pembina Manitou Health Centre
204-242-2744/F 204-331-8841

Morden/Winkler

Boundary Trails Health Centre
204-331-8801/F 204-331-8831

Morris

Morris General Hospital
204-746-7347/F 204-746-2197

Niverville

Open Health Niverville
204-320-2475/F 204-326-7665

Notre Dame de Lourdes

Clinique Notre Dame Clinic

204-248-2092 ext 260/F 204-248-2299

Portage la Prairie

Community Health Services - Portage Clinic

204-856-2041/F 204-856-2045

Portage la Prairie

Oaktree and Stephens

204-239-6590 ext 304

Sandy Bay

Sandy Bay Health Centre

204-385-2968 ext 2247/F 204-385-2663

Somerset

Public Health-Healthy Living - Somerset

204-744-2265/F 204-744-2511

Sprague

East Borderland Primary Health Centre

204-320-2475/F 204-326-7665

St. Claude

Centre de santé St. Claude Health Centre

204-379-2585/F 204-248-2299

St. Malo

Chalet Malouin

204-320-2475/F 204-326-7665

St. Pierre-Jolys

Centre médico-social De Salaberry District
Health Centre

204-320-2475/F 204-326-7665

Ste. Anne

Community Health Services - Ste. Anne

204-320-2475/F 204-326-7665

Steinbach

Bethesda Primary Care Centre

204-320-2475/F 204-326-7665

Swan Lake

Lorne Memorial Hospital

204-836-2502/F 204-836-2587

Vita

Vita & District Health Centre

204-320-2475/F 204-326-7665

