

## Services offered by the Winnipeg 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 [wrha.mb.ca](http://wrha.mb.ca)

**To book a FREE consultation with a RD, visit or call any of these ACCESS Centres**

**You can also Dial-a-Dietitian if you have a nutrition question**

Assiniboine South	(204) 940-1725
Downtown	(204) 791-6484
Fort Garry	(204) 940-2325
Inkster	(204) 470-9231
Point Douglas	(204) 770-3190
River East	(204) 612-1351
River Heights	(204) 938-5129
Seven Oaks	(204) 470-9231
St. Boniface	(204) 612-1349
St. James	(204) 940-1725
St. Vital	(204) 612-1351
Transcona	(204) 803-8776

**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.

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