



Patient & Family Guide
2026

Nutrition Education and Counselling

Annapolis Valley,
South Shore, and
Southwest Nova Scotia



www.nshealth.ca

Nutrition Education and Counselling

Registered dietitians offer nutrition services across western Nova Scotia (Annapolis Valley, South Shore, and Southwest Nova Scotia).

These services include:

- **Medical nutrition therapy:**
 - › This includes nutrition information and advice to prevent, treat, or manage health conditions. Medical nutrition therapy can be with only you and your dietitian, or in a group.
 - › This is a free service covered by Nova Scotia's provincial health insurance program (MSI). You must bring your provincial health card with you to each appointment.
- **Education on:**
 - › High blood pressure (also called **hypertension**)
 - › High cholesterol
 - › Food allergies and intolerances
 - › Gastrointestinal (digestive system) problems
 - › Eating disorders and disordered eating

- › Prenatal (pregnancy) and pediatric (child) nutrition
- › Other nutrition-related concerns

How do I make an appointment with a dietitian?

- **You can be referred by:**
 - › Your primary health care provider (family doctor or nurse practitioner)
 - › Other health care providers (like a nurse, a physiotherapist, a social worker, or a psychologist)
 - › Yourself
- **To make an appointment at one of the locations listed below or on the next page, call the booking clerk:**
 - › Phone: 902-825-6160 extension 1762389

Clinic locations

- **Annapolis Community Health Centre**
 - › 821 St. George Street, Annapolis Royal
- **Digby General Hospital**
 - › 75 Warwick Street, Digby
- **Eastern Kings Memorial Community Health Centre**
 - › 23 Earnscliffe Avenue, Wolfville
- **Fishermen's Memorial Hospital**
 - › 14 High Street, Lunenburg

- **Queens General Hospital**
 - › 175 School Street, Liverpool
- **Roseway Hospital**
 - › 1606 Lake Road, Shelburne
- **Soldiers Memorial Hospital**
 - › 462 Main Street, Middleton
- **South Shore Regional Hospital**
 - › 90 Glen Allan Drive, Bridgewater
- **Valley Regional Hospital**
 - › 150 Exhibition Street, Kentville
- **Western Kings Memorial Health Centre**
 - › 121 Orchard Street, Berwick
- **Yarmouth Regional Hospital**
 - › 60 Vancouver Street, Yarmouth

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

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Learn more:

<https://library.nshealth.ca/patient-education-resources>