



Patient & Family Guide
2020

Nutrition Education & Counselling

Annapolis Valley, South Shore
and South West Nova Scotia



www.nshealth.ca

Nutrition Education & Counselling

Registered Dietitians provide nutrition services outside of hospitals and health centres at locations across western Nova Scotia, including Annapolis Valley, South Shore, and South West Nova Scotia.

Services include:

- › Individual assessments and nutritional counselling
- › Optional followup appointments
- › Group classes

These services are covered by Nova Scotia's provincial health program (MSI), so there is no charge. You will need to bring your provincial health card with you and register at each visit.

Nutrition education topics include:

- › Weight management
- › Hypertension (high blood pressure)
- › Dyslipidemia (high cholesterol)
- › Food allergies and intolerances
- › Gastrointestinal disorders (digestive system problems)
- › Eating disorders and abnormal eating behaviours
- › Prenatal and pediatric nutrition
- › And more!

How can I get an appointment with a dietitian?

You can be referred by:

- › Your family health care provider
- › Other health care providers
- › Yourself — Self-referrals are welcome!

If you are referred by your family health care provider, the dietitian will call you to set up an appointment.

If you want to refer yourself or a family member, call the dietitian nearest you to set up an appointment.

Annapolis Community Health Centre
821 St. George Street, Annapolis Royal
Phone: 902-532-4022

Digby General Hospital
75 Warwick Street, Digby
Phone: 902-245-2502 ext. 3341

Eastern Kings Memorial Community Health Centre
23 Earnscliffe Avenue, Wolfville
Phone: 902-542-2271

Fishermen's Memorial Hospital
14 High Street, Lunenburg
Phone: 902-634-8807 ext. 1713151

***Greenwood Family Health Clinic**
83 School Road, Greenwood
Phone: 902-765-6340

***Harbour South Medical Clinic**
235 Main Street, Yarmouth
Phone: 902 749-3381

***Middleton Medical Clinic & Collaborative
Practice**

452 Main Street, Middleton

Phone: 902-825-1095

Queens General Hospital

175 School Street, Liverpool

Phone: 902-354-3175

Roseway Hospital

1606 Lake Road, Shelburne

Phone: 902-875-4144 ext. 2239

Soldiers Memorial Hospital

462 Main Street, Middleton

Phone: 902-825-6160 ext. 1762228

South Shore Regional Hospital

90 Glen Allan Drive, Bridgewater

Phone: 902-543-4604 ext. 2364

Valley Regional Hospital

150 Exhibition Street, Kentville

Phone: 902-679-2657 ext. 2935

Western Kings Memorial Health Centre

121 Orchard Street, Berwick

Phone: 902-538-7896

Yarmouth Regional Hospital

60 Vancouver Street, Yarmouth

Phone: 902-742-3542 ext. 1246

*These clinics only accept referrals (including self-referrals) for clinic clients. If you are not sure, check with your family health care provider about outpatient nutrition services.

What are your questions?

Please ask. We are here to help you.

