Patient & Family Guide

Nutrition Education & Counselling

Annapolis Valley, South Shore and South West Nova Scotia

www.nshealth.ca

[Nova Scotia Health Authority logo]
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.