## **Northern Health Region**

## **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 https://northernhealthregion.com/

## The Northern Health Region has RDs in Thompson and Gillam

Unable to get to these places? You can also Dial-a-Dietitian if you have nutrition question:

**Thompson Public Health** 867 Thompson Drive South Telephone: (204)-677-5350 Fax: (204)-778-1424

**Gillam Public Health** 115 Gillam Drive Telephone: 204 652-2576

