

## **Prairie Mountain Health 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.

Prairie Mountain Health has RDs in:

- primary care clinics, such as part of My Health Team Brandon
- the Brandon, Russell, Dauphin, and Swan Valley Health Centre
- the Brandon Regional Health Centre

To find a RD or to book an appointment with a RD in your area, call:  
**1-877-509-7852** (outside Brandon) or **1-204-578-2374** (in Brandon)

To learn more about the various types of care and health services offered in your area visit  
**[prairiemountainhealth.ca](http://prairiemountainhealth.ca)**

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



**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.

Practical Health  
consultation  
In Winnipeg  
1-877-830-2892 Practical Health  
consultation  
In Winnipeg  
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Health & Wellness  
1-877-830-2892 Manitoba  
1-877-830-2892