

# Directory of Halton Registered Dietitians



## Who are Registered Dietitians?

By law, only individuals who are registered with the College of Dietitians (CDO) can practice in the Province using the titles 'Dietitian', 'Registered Dietitians', and the abbreviation 'RD'. Registered Dietitians in Ontario must adhere to the rules and regulations set out by the CDO.

## What is the difference between a Registered Dietitian and a Registered Nutritionist?

The Titles "Registered Dietitian" and "Professional Dietitian" are protected by law. A registered Dietitian has a degree in nutrition with a comprehensive post-graduate Internship or a graduate degree in Nutrition. Dietitians are members of a provincial college and are held accountable for their conduct.



This directory is designed to help you locate appropriate and credible nutrition services offered by Registered Dietitians for your clients and patients. It lists names and contact information for Registered Dietitians working for an agency or operating a private practice within Halton. If you'd like to download a pdf of this directory, please [click here](#).

## Community Care Access Center (CCAC)

CCAC Dietitians make home visits to clients eligible for home care upon referral from a physician or health professional.

Community Rehab Established in 1985, Community Rehab is a dynamic company of rehabilitation professionals. Serving individuals, employees, insurance companies, lawyers and doctors, Community Rehab Dietitians provide services to clients in their own homes, in schools, workplaces, hospitals and residential care facilities throughout the region of Halton.

General Inquires  
Telephone: 1-888-840-8050  
Email: [info@communityrehab.com](mailto:info@communityrehab.com)  
Website: [www.commrehab.com](http://www.commrehab.com)

Hamilton Office  
Telephone: 905-529-2020  
Fax: 905-529-2412

# Diabetes Programs

## Halton Diabetes Program:

Halton Diabetes Program Dietitians offer nutrition counselling and support to adult residents of Halton who have been diagnosed with Diabetes Mellitus, Type 1 or Type 2, and have been referred by a physician or health professional.

### **Burlington Site**

Joseph Brant Community Health Centre  
1182 North Shore Blvd E.  
Lower Level, Burlington  
Telephone: 905-633-7070  
Fax: 905-633-7025

### **Dietitians:**

Duxbury, Phyllis  
Lenover, Cheryl  
Murray, Jane  
Weinstein, Leann  
Moore, Diane

### **Georgetown Site**

Hospital  
1 Princess Anne Drive , Georgetown  
Telephone: 905-873-0111, ext. 8502  
Fax: 905-873-4576

### **Dietitian:**

Sewell, Colette

### **Milton Site**

Halton Healthcare Services  
7030 Derry Road, Milton  
Telephone: 905-878-2383 ext.7410

### **Dietitian:**

Heinze, Leah

Fax: 905-876-7043

### **Oakville Site**

Halton Healthcare Services  
Oakville Corporate Center  
700 Dorval Dr. Suite 609  
Telephone: 905-338-4437  
Fax: 905-815-5101

### **Dietitians:**

Ayles-Poyntz, Deeanne  
Harper, Jane  
Gleeson, Anita  
Moore, Diane  
Weinstein, Leann

## LMC Endocrinology Centers:

LMC Endocrinology Centers are multi-disciplinary regional Centers of Excellence, committed to providing state-of-the-art Complete Care in Diabetes, Endocrinology & Metabolism. Each center is designed to provide community-based access to service excellence through focus on the key needs of patients.

### **LMC Endocrinology Centers**

LMC is a Diabetes education center, insulin pump center, diabetes triage, lipid clinic and conducts clinical trials.

1235 Trafalgar Rd. Suite 412  
Telephone: 905-337-0040  
Toll Free: 866-701-ENDO (3636)  
Fax: 905-337-0044  
Web: [www.lmc.ca](http://www.lmc.ca)

# Family Health Teams

Family Health Teams (FHTs) are health care organizations that include a team of family physicians and other health care practitioners such as nurse practitioners, registered nurses, social workers, dietitians, and other professionals who work together to provide health care for their community. FHTs focus on chronic disease management, disease prevention and health promotion, and work with other health care organizations, such as public health units and Community Care Access Centres. The following FHTs include dietitians.

## Burlington

Caroline Medical Group FHT  
3305 Harvester Road, Units 15-20  
Burlington, ON L7N 3N2  
Telephone: 905-632-8007  
<http://www.carolinefht.ca/>  
Dietitian: Lesley Hamilton

## Georgetown

Halton Hills FHT  
199 Princess Anne Drive  
Georgetown, ON L7G 0E3  
Telephone: 905-702-5120  
<http://www.haltonhillsfht.com/>  
Dietitian: Kara McDonald

## Milton

Prime Care FHT  
470 Bronte Street South, Suite 110  
Milton, ON L9T 2J4  
Tel: 905-878-1720  
<http://www.primecarefht.ca/>  
Dietitian: Pam Piotrowski

# Halton Healthcare

Clinical Dietitians at Halton Healthcare provide nutritional expertise for inpatients in a wide variety of areas. Outpatient services are limited to the following clinics, with physicians referral:

## **Gestational Diabetes Kidney Function Clinic**

Contact the hospital for referral process.

Hemodialysis Clinic

### **Georgetown Hospital**

1 Princess Anne Drive, Georgetown  
Phone: 905-873-0111, ext. 8196  
Fax: 905-873-6007

#### **Dietitians:**

Moyer, Laura A., ext. 8196

### **Milton District Hospital**

30 Derry Road , Milton  
Telephone: 905-878-2383  
Fax: 905-878-0498

#### **Dietitians:**

Moyer, Laura A., ext. 8196  
Lightfoot, Carisa, ext.2402

### **Oakville Trafalgar Memorial Hospital**

327 Reynolds Street, Oakville  
Telephone: 905-845-2571  
Fax: 905-338-4126

#### **Dietitians:**

Noell, Shari, ext.6796  
Hrapovich, Elma, ext. 2460

### **Clinical Nutrition Department:**

#### **Contacts:**

Cook, Shannon, ext. 6539  
Daubaras Susan C., ext. 6042  
Nagy, Sheila, ext. 6716  
Seyler, Hilda, ext. 6677  
Tuirra, Marnie, ext. 6645  
Wannan, Ellen, ext. 6538  
Lightfoot, Carisa ext.2402  
Javier-Brozo, Mariquita, ext. 6364

### **Mental Health Program: Eating Disorders Clinic**

#### **Contact:**

McGarrell, Lynette,  
905-815-5140 ext. 4818

# Halton Region Health Department

Public Health Nutritionists/Dietitians provide health promotion and disease prevention nutrition programs and services.

## **Halton Region Health Department**

Telephone: 905-825-6000

Toll Free: 1-866-442-5866

TTY: 905-827-9833

[www.halton.ca/health](http://www.halton.ca/health)

## **Public Health Nutritionists/Dietitians:**

Garrison, Lynn, ext. 7313

MacKay, Jessica, ext. 7801

O'Brien, Mary Fodor, ext. 7516

MacNeil, Cyndie ext. 7289

Sebastiampillai, Uma, ext. 7752

## **Chronic Disease Prevention Program**

Nutrition programs and services that are offered and supported by the Dietitians in the program:

Community Food Advisor

Eat Smart

Families are Munching

Halton Food for Thought

Nutritious Food Basket

Halton Healthy Eating Network

Halton Farm to School

Halton Food Council



## **Canadian Prenatal Nutrition Program**

The Canadian Prenatal Nutrition Program (CPNP) is designed to meet the needs of at-risk pregnant women by providing them with various resources to improve their health, support healthy eating during pregnancy and increase the number of babies born with a healthy birth weight.

Dietitian: Licursi, Andrea, ext. 290

# Joseph Brant Memorial Hospital

In-patient dietitians offer nutrition counselling services for a wide range of disease states. Individual out-patient counselling services at Joseph Brant Memorial Hospital (JBMH) are restricted to: those patients whose physicians have active, associate or senior privileges at JBMH as per the Public Hospital Act Regulation 965.

Pediatrics & Adolescents (ages 10 months to 18 years) with the following diagnosis: pediatric diabetes, allergies/intolerances, failure to thrive (below in percentiles) and weight reduction. Adults with the following diagnosis: Gestational Diabetes, Irritable Bowel Syndrome (IBS), Celiac Disease, Diverticular Disease, Osteoporosis (Bone Health Clinic), CHF, Oncology and Palliative Care.

No Referrals for obesity or weight management are accepted. Contact the hospital for specific details, referral process, limitations and waiting periods for appointments. All of the above are subject to change. Please call for updates to services.

## **Joseph Brant Memorial Hospital**

1230 Northshore Blvd. Burlington  
Telephone: 905-632-3737

TollFree: 905-549-6544  
Fax: 905-681-4825  
Web: [www.jbmh.com](http://www.jbmh.com)

## **Dietitians:**

Ban, Maryanne, ext. 5797  
Brindle, Stephanie, ext. 5777  
Chayab, Diala, ext. 5511  
McCaw, Sharon, ext. 5775  
Webber, Barbara, ext. 1353

# Private Practice Dietitians

The services of private practice Dietitians are covered by many private health insurance companies and employee assistance programs. Dietitian services include individual diet counselling, presentations, consultations, clinics and seminars.

**\* These dietitians do not provide individual diet counselling.**

## **Milton**

Lowry Desrosiers, Jennifer  
Jennifer Desrosiers Consulting  
Telephone: 905-693-1506  
Email: [lowryj@cogeco.ca](mailto:lowryj@cogeco.ca)

## **Milton**

Jennifer Shamblaw RD  
Nutrition Housecalls  
Telephone: 905-636-9843  
Fax: 866-680-0155  
Email: [jennifer@nutritionhousecalls.ca](mailto:jennifer@nutritionhousecalls.ca)  
[www.nutritionhousecalls.ca](http://www.nutritionhousecalls.ca)

## **Burlington**

Williams, Alexis  
Transition Health  
Phone: 905-483-0216  
Email: [alexis@transitionhealth.ca](mailto:alexis@transitionhealth.ca)  
[www.transitionhealth.ca](http://www.transitionhealth.ca)

Sherk, Kerri  
The Fitness Firm  
Telephone: 905-637-9220  
Fax: 905-637-8201  
Email: [kgalbraith1@cogeco.ca](mailto:kgalbraith1@cogeco.ca)

Clarke, Carol \*  
Telephone: 289-260-6854  
[carolclarke.rd@sympatico.ca](mailto:carolclarke.rd@sympatico.ca)  
[www.carolclarke.ca](http://www.carolclarke.ca)

Otto, Karolina  
Real Canadian Superstore®  
Phone: [647-973-7598](tel:647-973-7598)  
Email: [karolina.otto@loblaw.ca](mailto:karolina.otto@loblaw.ca)

## **Oakville**

Roblin, Lynn\*  
Eatwrite Communications  
Telephone: 905-338-6214  
Email: [lroblin@cogeco.ca](mailto:lroblin@cogeco.ca)  
Website: [www.eatwrite.com](http://www.eatwrite.com)  
Sebastiampillai, Uma  
JU Consultants  
Telephone: 905-315-0734  
Email: [jsebastiampillai@cogeco.ca](mailto:jsebastiampillai@cogeco.ca)

## **Campbellville**

Gyger, Amy  
Fruition Nutrition  
Telephone: 905-592-1322  
Fax: 289-429-1025  
Email: [amgyger@gmail.com](mailto:amgyger@gmail.com)  
Saville, Sandra  
Saville Nutrition Consulting  
Telephone: 905-842-9967  
Email: [saville@sympatico.ca](mailto:saville@sympatico.ca)  
Furgala, Kathy\*  
Telephone: 905-847-6533  
Email: [kfurgala@cogeco.ca](mailto:kfurgala@cogeco.ca)

Mary Fodor O'Brien  
Nutrition Consultant  
Telephone: 416-254-9126  
Email: [maryo26.2@gmail.com](mailto:maryo26.2@gmail.com)

Otto, Karolina  
Real Canadian Superstore®  
Phone: [647-973-7598](tel:647-973-7598)  
Email: [karolina.otto@loblaw.ca](mailto:karolina.otto@loblaw.ca)

# EatRight Ontario

Eating right is an important part to living a healthy, active life. Discover great information and advice on healthy eating and nutrition. Got a question? Ask a Registered Dietitian. You'll also find useful nutrition tips, tools and resources to help you Eat Right and be healthy.

Inquires

Phone: 1-877-510-5102

Web: [www.ontario.ca/eatright](http://www.ontario.ca/eatright)

# Dietitians of Canada

Dietitians of Canada (DC) is the nation-wide voice of Dietitians- the most trusted source of information on food and nutrition for Canadians. DC brings the knowledge and skills of its members together to inform decisions that affect food, nutrition and health, with impact at the local, regional/provincial, national and international levels.

Inquires

Telephone: 416.596.0857

Web: <http://www.dietitians.ca>

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