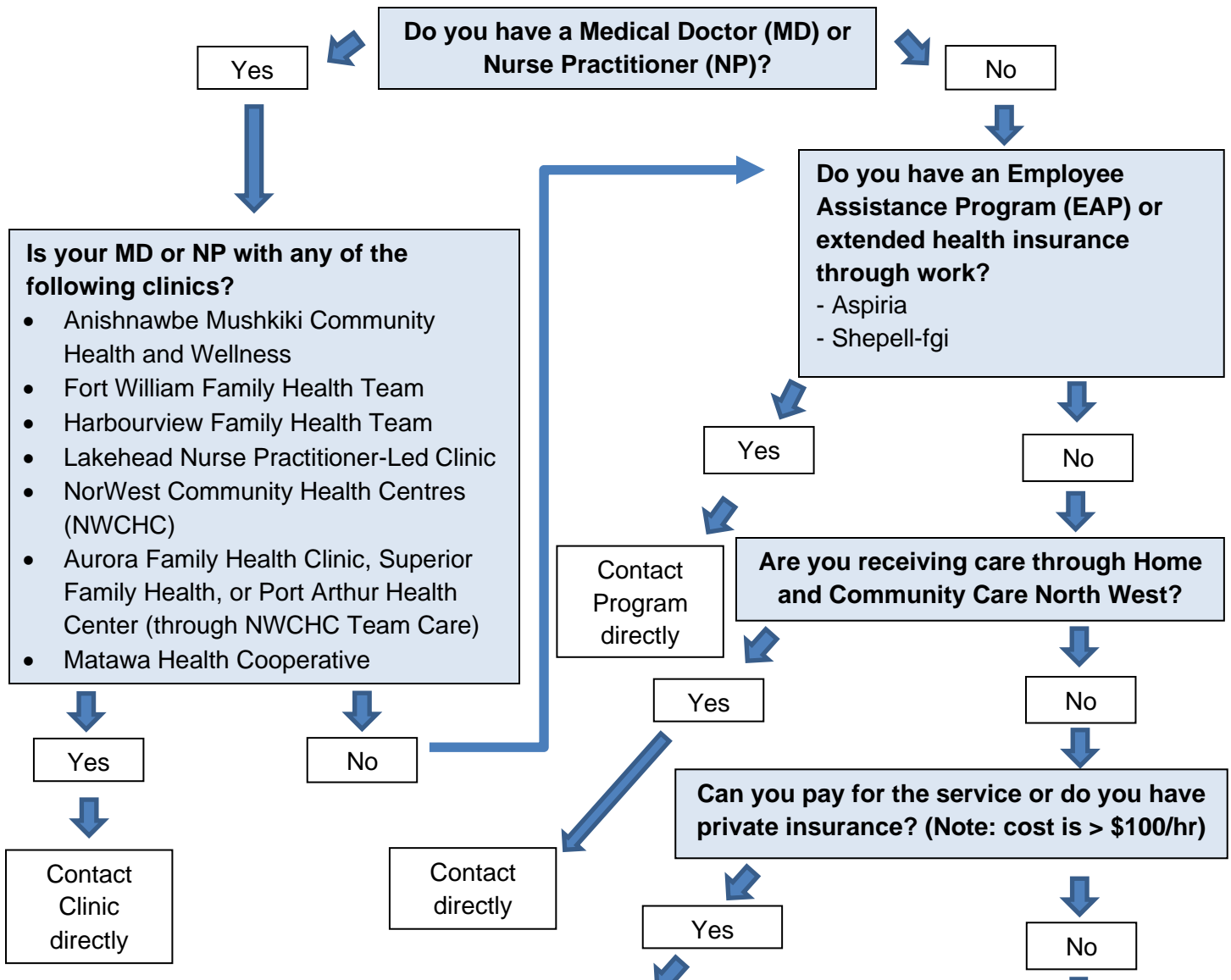


City of Thunder Bay Outpatient Nutrition Services, March 2026



- Fee for service providers:**
- Nourish Intuitive Eating Counselling (Cayla Mantis) Call: (807) 699-9139 or visit www.nourishintuitiveeating.ca
 - Kathleen Shaw, RD @kathleenshawdietitian kshawrd@hotmail.ca
 - Cornerstone Clinic (Catherine Semenick) Call: 475-8523 or email: csemenick@cornerstone-clinic.ca
 - Sara Brunner, Nutrition & Consulting Email: Support@sarabrunner.com or visit: <https://sarabrunner.com/>
 - Samantha Holmgren Dietetic Services *inflammatory arthritis, chronic pain and fatigue related conditions* Call: 807-598-0645 Email: sam@samanthaholmgren.ca or visit: <https://samanthaholmgren.ca/>
 - Alixis Davidson Dietetics through Fika Mental Health Call: (587)287-7995 or email: alixisdavidsonrd@outlook.com
 - Superior Nutrition Consulting Services (Simon Belanger) Call:(807)701-7140 or email:superiornutritiontbay@gmail.com
 - Telus Health MyCare Dietitian Services Visit: telus.com/en/personal-health/my-care/dietitians

- Covered (free) service providers:**
- Dilico Anishinabek Family Care (Jen Moore) for Indigenous clients only Call: 626-5100
 - Health811(formerly Telehealth Ontario) Call: 811 (1-866-797-0007) or live chat: healthconnectontario.health.gov.on.ca