

Validity Wellness Network Dietitians

Please call to make an appointment before the time.

Gauteng Dietitian Name	Contact Number	Address
AGINSKY, JUSTINE	082 854 0334	MANOR MEDICAL CENTRE 189 KELVIN DRIVE GALLO MANOR GAUTENG
ANNE TILL & ASSOCIATES - ANNE	011 463 4663	279 BRYANSTON DRIVE BRYANSTON GAUTENG
ANNE TILL & ASSOCIATES - CLAIRE JULSING	011 463 4663	279 BRYANSTON DRIVE BRYANSTON GAUTENG
ANNE TILL & ASSOCIATES - RIA	011 463 4663	279 BRYANSTON DRIVE BRYANSTON GAUTENG
BALDERSON, PENNY	011 883 9000	MORNINGSIDE SPORTS CLINIC MORNINGSIDE MEDI CLINIC MORNINGSIDE GAUTENG
BARRON, ELISE	082 789 2166	204 OXFORD ROAD THRUPPS CENTRE ILLOVO GAUTENG
BASSON, DALEEN	011 450 2497	101 VAN BUUREN ROAD BEDFORDVIEW GAUTENG
BEMBRIDGE LOUISE	011 883 9000/ 083 260 1842	MORNINGSIDE SPORTS MEDICINE LOWER GROUND FLOOR, MORNINGSIDE CLINIC MORNINGSIDE GAUTENG
BRONKHORST, MARYKE	0861 2665 63	SUITE 8 SANDTON MEDPARK PETER PLACE SANDTON GAUTENG
BRUK, LILA	011 880 9156/083 2440163	WANDERERS WELLNESS CENTRE, 21 NORTH STREET WANDERERS CLUB, ILLOVO ILLOVO GAUTENG
BUX, FATHIMA	011 728 2902	111 CENTRAL STREET HOUGHTON GAUTENG
CARADAS, ASHLEIGH	082 856 3374	NORWOOD SPORTS MEDICINE AND EXERCISE INSTITUTE 100 ALGERNON ROAD NORWOOD GAUTENG
CARADAS, ASHLEIGH	011 268 0323 / 082 856 3374	THRUPPS CENTRE FIRST FLOOR MEDICAL SUITES 204 OXFORD ROAD ILLOVO GAUTENG

CARINA FOURIE	016 950 6108/ 082 077 7894	LOVING TOUCH CLINIC WOLHUTER STREET VANDERBIJLPARK GAUTENG
COLBERT MAIMELA	011 261 0658/ 011 655 5500	THUKANI CCMT, IVORY PARK EXT 2, GLEN AUSTIN, LIFE CASTENHOF CLINIC MIDRAND GAUTENG
DR NORTH, CHRISTA	073 182 4411	19 RIESLING CRESCENT HURLINGHAM MANOR RANDBURG/SANDTON GAUTENG
DR NORTH, CHRISTA	011 792 0195	RANDBURG MEDICROSS CNR HANS STRIJDOM AND RABIE ROAD RANDBURG GAUTENG
FAAIZA PARUK	072 8738838	110 6TH AVENUE MAYFAIR JOHANNESBURG GAUTENG
FLINT TAMMY	011 463 4663	279 BRYANSTON DRIVE BRYANSTON GAUTENG
GOLDSTEIN, WENDY	011 483 2309	NORWOOD MEDICAL CENTRE 96 WILLIAM ROAD NORWOOD GAUTENG
JENNIFER MEYER	011 463 5602	279 BRYANSTON DRIVE BRYANSTON GAUTENG
JENNIFER MOUNTAIN	011 792 0195	RANDBURG MEDICROSS CNR MALIBONGWE AND RABIE ROAD RANDBURG GAUTENG
JESKE, WELLMANN	073 179 4907	21 HIGHLAND AVENUE BRYANSTON EXT 8 GAUTENG
KLOPPERS, ALTA	011 907 9973	60 CLINTON ROAD NEW REDRUTH ALBERTON GAUTENG
KULLMAN, LIZ	011 787 8244/083 456 3445	ENDURANCE SPORTS & WELLNESS CENTRE RIVERVIEW CENTRE 2ND FLOOR 98 CONRADIE DRIVE BLAIRGOWRIE GAUTENG
LAMPRECHT, JOHANDE	082 316 5439	256 HIPPO AVENUE ZWARTKOP X4 CENTURION GAUTENG
LAUREN WYPER	011 840 5340/1 / 0828042523	THE WELLNESS CENTRE 17 EATON ROAD BRYANSTON GAUTENG

LEONE MULLER	0837852844	CNR MALIBONGWE AND RABIE ROADS RANDBURG MEDICROSS Randburg GAUTENG
LINDSEY LEATHERBARROW	011 803 0538/ 072 209 7813	MEDICAL ROOMS AT COACHMANS CROSSING SHOPPING CENTRE PETER PLACE SANDTON GAUTENG
LORD, WENDY	082 784 7698	7 KLEIN STREET ROUXVILLE SYDENHAM GAUTENG
MANICOM, PIPPA	084 616 7000	38 ALPHEN CLOSE WROXHAM ROAD PAULSHOF GAUTENG
MARCUS, MANDY	011 712 6000	CENTRE FOR DIABETES 81 CENTRAL STREET HOUGHTON GAUTENG
MARTIN NICOLE	011 463 4663	279 BRYANSTON DRIVE BRYANSTON GAUTENG
MEGAW, KATHERINE	011 483 2613	SUNNINGHILL HOSPITAL WEST WING LEVEL -2 SUITE NO 4 BOWLING AVENUE SUNNINGHILL GAUTENG
MOSTERT, ANITA	083 686 7284 / 011 306 1300	HEALTH WORX CLINIC NORTH RAND ROAD BOKSBURG GAUTENG
MOSTERT, DAVONNE	011 482 8200	4 PALLMEWS 4 PALLINGHURST ROAD WESTCLIFF GAUTENG
PETRU JOHANNA WOLMARANS	079 415 9880	SHOP 118, ENTRANCE 3, RANDRIDGE MALL, HEALTH- WORX or SHOP B200, LOWER LEVEL DISCHEM, CRESTA SHOPPING CENTRE, HEALTH WORX GAUTENG
REES, LEANNE	011 425 5842	BENONI CHIROPRACTIC CENTRE 62A OAK STREET NORTHMEAD EXT 4 GAUTENG
REES, ROBYN	011 447 7186	12 7TH AVENUE PARKTOWN NORTH JOHANNESBURG GAUTENG
REGINE GRAY	011 475 6670 / 082 354 8850	7 JAMES STREET FLORIDA PARK, EXT 1 ROODEPORT GAUTENG
SACKS, JANENE	011 684 1608	CENTRE FOR MEDICAL EXCELLENCE 2ND FLOOR 18 HIGH STREET MELROSE ARCH GAUTENG

SACKS, JANENE	082 561 0507	173 RIVONIA ROAD, ROCHESTER PLACE BLOCK F RIVONIA GAUTENG
SACKS, NICOLE	011 786 8406/ 082 337 8506	6 FORT STREET ILLOVO SANDTON GAUTENG
SHAPIRO, DEBORAH	011 483 2613	408 HOUGHTON HEIGHTS 56 2ND AVENUE HOUGHTON GAUTENG
SMITH, JACQUELINE	011 840 5340/1	THE WELLNESS CENTRE 17 EATON ROAD BRYANSTON GAUTENG
SWART, SUNETTE	119726960	ARWYP MEDICAL CENTRE 223 MONUMENT ROAD GLEN MARAIS KEMPTON PARK GAUTENG
TARLTON, SALLY	011 803 7299	52 RIVER ROAD RIVONIA GAUTENG
THEA VAN NIEKERK	011 975 0631	94 GREEN AVENUE EDLEEN KEMPTON PARK GAUTENG
TRINETTE TAIT	011 672 6272/ 082 831 6294	370 ONTDEKKERS ROAD FLORIDA PARK ROODEPORT GAUTENG
VAN DEN BERG, JACOLET	083 656 2112	CONSTANTIA CLINIC 374 ONTDEKKERS STREET ROODEPOORT GAUTENG
VAN DER WALT, IZEL	011 463 0675	55 VILLA TORINO 66 CUMBERLAND AVENUE BRYANSTON GAUTENG
VAN LOGGERENBERG, MARZANNE	011 954 4455	210 BELL STREET KRUGERSDORP GAUTENG
VERMAAK, RONELLE	011 432 3866	MULBARTON HOSPITAL MEDICAL CENTRE ROOM NO 7 25 TRUE NORTH ROAD MULBARTON GAUTENG
WATKINS, DEBBY	083 397 2422	OFFICE 1A NEEDWOOD HOUSE BROADACRES SHOPPING CENTRE CORNER CEDAR AND VALLEY ROADS GAUTENG
YSSEL-HOFMEYR, MARTIE	011 618 8821 / 082 326 1505	NUMBER 10 HAWKE STREET KENSINGTON GAUTENG

Western Cape Dietitian Name	Contact Number	Address
BEKKERS, NOEL	079 492 9501	40 DUNBAR STREET PAROW VALLEY KERKENBERG WESTERN CAPE
BOOME CATHERINE	021 671 5303	7 RAVNESBERG AVENUE NEWLANDS WESTERN CAPE
BRYER, LISE	082 563 1680	SUITE 504 SEA POINT MEDICAL CENTRE 11 KLOOF ROAD WESTERN CAPE
BRYER, LISE	082 563 1680	249 MAIN ROAD CLAREMONT WESTERN CAPE
DU TOIT, NATANYA	021 943 3500	INTERCARE MEDICAL & DENTAL CENTRE 43 OLD OAK ROAD TYGERVALLEY WESTERN CAPE
DUMARESQ, DANIELLE	084 922 2703	7 ILKLEY CRESCENT SEA POINT CAPE TOWN WESTERN CAPE
EBRAHIM, ZARINA	082 569 6958	KROMBOOM MEDI-CENTRE KROMBOOM ROAD RONDEBOSCH EAST WESTERN CAPE
EBRAHIM, ZARINA	021 638 4846	Dr HAYAT 123 COMET ROAD SURREY ESTATE WESTERN CAPE
ELIENNE CECILE HORWITZ	021 422 5224 /083 266 7580	4 ALPHA MANSIONS, 104 NEW CHURCH STREET TAMBOERSKLOOF WESTERN CAPE
ELIENNE CECILE HORWITZ	083 266 7580	SPORTS SCIENCE INSTITUTE OF SOUTH AFRICA BOUNDARY ROAD NEWLANDS WESTERN CAPE
FOURIE, GINA	021 683 4858	303 LIBRARY SQUARE WILDERNESS ROAD CLAREMONT WESTERN CAPE
FOURIE, JULIA	082 824 3003	11 BLESBOK STREET AURORA ESTATE DURBANVILLE WESTERN CAPE
HAASBROEK, KARIN	0861 2665 63	10de BLOEM STREET (BAKKERZICHT) HELENA HEIGHTS SOMERSET WEST WESTERN CAPE

HOLLANDER, MARIE	084 627 4300	WELMED MEDICAL CENTRE VAN RIEBEECKSHOF CENTRE CNR VAN RIEBEECKSHOF & KOELNHOF ROADS WESTERN CAPE
JAFFER, NASREEN	021 671 1099	30 LOCH ROAD CLAREMONT WESTERN CAPE
JORDAAN, LIEZL	028 313 0643	SUITE6 HERMANUS MEDICAL CENTRE HERMANUS WESTERN CAPE
KARLIEN SMIT	021 659 5660/ 084 587 9000	1ST FLOOR, SPORT SCIENCE INSTITUTE OF SOUTH AFRICA BOUNDARY ROADS NEWLANDS WESTERN CAPE
KATHRYN MANNING	084 336 3747	LONG BEACH MEDICAL CENTRE CARLTON CLOSE NOORDHOEK WESTERN CAPE
KIM HOFMANN	021 674 4666	44 SECOND AVENUE HARFIELD VILLAGE CAPE TOWN WESTERN CAPE
KLUYTS, MEGAN	021 554 1760	13 WARWICK ROAD WEST BEACH WESTERN CAPE
LENNOX, MALINDA	021 949 9471 / 082 706 8708	2 SOLWAY STREET (NEXT TO LOUIS LEIPOLDT MEDI- CLINIC) BOSTON BELVILLE WESTERN CAPE
LINDIE PRETORIUS	021 910 2825	OAKMED CENTRE 50 JOHN X MEERRIMAN, OAKDALE BELVILLE WESTERN CAPE
LOBEL, HEIDI	021 439 7211	504 SEA POINT MEDICAL CENTRE KLOOF ROAD WESTERN CAPE
MAGDA MARIA PIETERS	021 913 5168/ 084 585 8553	FOX FITNESS GYM SANLAM HEAD OFFICE, BELRAIL ROAD, GATE 10 BELVILLE WESTERN CAPE
MARELI CONRADIE DIEETKUNDIGE	023 347 2724/ 082 561 8335	MEDIESE SENTRUM 1 FAIRBAIRN STRAAT 69 WORCESTER WESTERN CAPE
MEYER, CARIEN	084 440 1975	45 MILLWOOD MEWS STRAND CAPE TOWN WESTERN CAPE
RHEEDER, ISMENE	044 873 5657	128 MITCHELL STREET GEORGE EASTERN CAPE

SMITH, ANNELIE	021 531 8302	8 RINGWOOD DRIVE PINELANDS WESTERN CAPE
SNIJDERS, MAYA	021 422 4827	8 QUEENS ROAD TAMBOERSKLOOF WESTERN CAPE
ZIETSMAN, MINETTE	021 556 5489/ 082 558 5198	FLAMINGO VLEI TABLEVIEW TABLEVIEW WESTERN CAPE
Pretoria Dietitian		
Pretoria Dietitian Name	Contact Number	Address
CATHERINE WAGENER	012 335 7350/ 082 451 7974/ 012 335 9908	1182 A MOULTON AVENUE WAVERLEY PRETORIA PRETORIA
EMSIE MALAN	084 548 4889/012 998 3611	SPACUBE, 357 ROSSLYN AVE WATERKLOOF GLEN PRETORIA PRETORIA
GROENEWALD, MERENSIA	012 334 2605 / 082 255 6173	EUGENE MARAIS HOSPITAL 5TH AVENUE 695 LES MARAIS 5th AVENUE 696 LES MARAIS PRETORIA
LEACH, MARTHA	012 460 5260	91 19TH STREET MENLO PARK PRETORIA
LORETTE VENTER	082 378 3912/ 012 456 7171	CNR JAN VEN RIEBECK & BRITS AVENUE NUMBER 437 PRETORIA NORTH PRETORIA
LUSARDI, LIZ-MARE	012 348 5245	MENLYN RETAIL PARK MENLYN MED CORNER LOIS & GARSFONTEIN ROADS PRETORIA
MEIRING, CIA	072 580 5816	WAPADRAND MEDICAL AND VITALITY CENTRE CNR LYNWOOD & WAPADRAND ROAD WAPADRAND PRETORIA
MONIQUE BAILEY	012 644 1003	258 B JEAN AVENUE CENTURION PRETORIA
NOLANDI BOTHA	082 443 9926	ZUID AFRIKAANS HOSPITAL BOURKE STREET MUCKLENEUK PRETORIA
NOLANDI BOTHA	082 443 9926	PLANET FITNESS CENTURION GATE THE GATE SHOPPING CENTRE CORNER AKKERBOOM AND JOHN VOSTER ROAD PRETORIA

SNYMAN, LIZE	012 367 4312	SUITE 105 KLOOF MEDICAL CENTRE 511 JOCHEMANS STREET ERASMUSKLOOF PRETORIA
TERINA GELDENHUYS	012 685 5570	CORNER JOHN VORSTER & NELLMAPIUS SOUTH DOWNS SHOPPING CENTRE, INTERCARE MEDICAL & DENTAL IRENE CENTURION
VAN DER WALT, LUCILLE	012 347 5140	ROOM 202 2ND FLOOR KLOOF MEDIC CLINIC ERASMUSKLOOF PRETORIA
WELKER, BRINDY	073 003 1961	330 SNOWY WALKER STREET GARSFONTEIN PRETORIA
YOLANDI BESTER	012 543 4088/ 079 511 4994	INTERCARE MEDICAL , WONDERBOOM JUNCTION CENTRE CNR VOORTREKKER & LAVENDER STREETS WONDERBOOM PRETORIA
Eastern Cape Dietitian Name		
	Contact Number	Address
BEEFORTH, MARION	041 365 2463	8 BROADWAY STREET GREENACRES EASTERN CAPE
MARE, WJ	041 373 8138 / 041 583 1381	227 CAPE ROAD MILPARK PORT ELIZABETH EASTERN CAPE
ROCHER, DALEEN	041 991 1396	34 CUYLER STREET CUYLER HOSPITAL UITENHAGE EASTERN CAPE
SINCLAIR, JANET	043 735 4027/6	6 SMART ROAD NAHOON EAST LONDON EASTERN CAPE
SMALBERGER, RENE	041 374 2256	ST GEORGES HOSPITAL 403 MEDICAL SUITES PARK DRIVE PORT ELIZABETH EASTERN CAPE
SMITH, ANNATJIE	082 824 0590	66 GAZANIA AVENUE SUNRIGDE PARK PORT ELIZABETH EASTERN CAPE
KwaZulu Natal Dietician Name		
	Contact Number	Address
BISHOP KAREN	083 494 2898	KLOOF MEDICAL CENTRE 12 LYNARTH ROAD KLOOF KWAZULU NATAL

CARISSA CANDICE RAJA	033 347 5454/ 083 999 4759	269 CHASEVALLEY RD CHASEVALLEY PIETERMARITZBURG KWA ZULU NATAL
ELSMARIE SCHARLACH	033 503 1160	16 MOYA AVENUE WARTBURG KWA ZULU NATAL
ESTEVEZ, HILDA	033 386 4328	17 HARWIN ROAD SCOTTSVILLE PIETERMARITZBURG KWAZULU NATAL
GENEVIEVE JARDINE	031 201 5115/ 084 666 9218	360 CLARK ROAD GLENWOOD DURBAN KWA ZULU NATAL
INGRID STEYL	031 563 3530	71 MACKEURTAN AVENUE REGENT MEDICAL CENTRE DURBAN NORTH KWA ZULU NATAL
JULIE THOMAS	031 765 3909	20 LANGFORD COUNTRY ESTATE 33 OAKLAND AVENUE HILCREST KWA ZULU NATAL
LINDSEY DICKERSON	082 851 2272	6 EGRET DRIVE MANORS PINETOWN KWA ZULU NATAL
OGILVIE, SUE	033 347 1685	16 CLARENCE ROAD MONTROSE PIETERMARITZBURG KWAZULU NATAL
SHUBNUM HANIFF-ISMAIL	031 226 1280 / 084 3050387	METRO POLICE BUILDING 7 ACACIA ROAD WESTVILLE KWA ZULU NATAL
STEGAN, NATASHA	034 983 3480	151 KERK STREET STEGENS GARAGE VRYHEID KWAZULU NATAL
TANYA MARCH	033 330 7266	23 B MILLER STREET HOWICK KWA ZULU NATAL
North West Dietitian Name	Contact Number	Address
AN DU PLESSIS	018 297 1386 / 0728505639	35 RISSIK STREET POTCHEFSTROOM NORTH WEST NORTH WEST
BESTER, RIETTE	082 458 3578	deWetdeVilliers@OFFICE BUILDING CORNER KOCK & BRINK STREET RUSTENBURG NORTH WEST

JANSE VAN RENSBURG, CATHERINA	014 597 3193	62 BOSHOFF ROAD RUSTENBURG NORTH WEST
Orange Free State Dietitian Name	Contact Number	Address
VAN WYK, CORNELIA	056 212 2551	SUITE 105 KLOOF MEDICAL CENTRE 511 JOCHEMANS STREET ERASMUSKLOOF ORANGE FREE STATE