

# Alcona County Resources

## District Health Department #2

Alcona County  
Courthouse Annex  
311 Lake St., P.O. Box 218  
Harrisville, MI 48740  
Phone: (989) 724-6757

## Northwest Michigan Community Health Agency

Health Promotion Division  
[www.nwhealth.org](http://www.nwhealth.org)

## MSU Cooperative Extension

Alcona County Extension  
320 S. State  
Harrisville 48740-0800  
(989) 724-6478

## Get Moving UP: Good Health Campaign

[www.fitup.org](http://www.fitup.org)

A “region-wide initiative to prevent obesity and improve health by increasing lifestyle physical activity”. The program promotes use of pedometers and tracking ones steps & progress.

## Walk of Like Program

<http://walking.about.com/library/day/bldaybyday.htm>

Step by step guidance on walking for fitness

## Organization & Association web links

### American Cancer Society

1 800 227-2345

[www.cancer.org](http://www.cancer.org)

### American Heart Association

1 800 242-8721

[www.americanheart.org](http://www.americanheart.org)

### American Lung Association

[www.alam.org](http://www.alam.org)

For local resources call: 1-800-LUNG-USA

For lung health questions call: 1-800-548-8252

### American Diabetes Association

1 800 232-3472

[www.diabetes.org](http://www.diabetes.org)

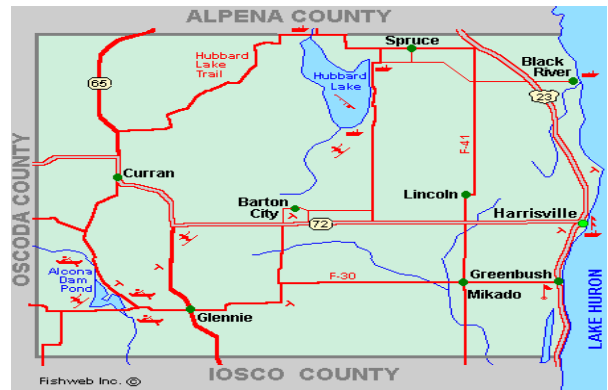
### American Dietetic Association

1 800 366-1655

[www.eatright.org](http://www.eatright.org)

### Centers for Disease Control

[www.cdc.gov](http://www.cdc.gov)



## **Michigan Steps Up**

[www.michiganstepsup.org](http://www.michiganstepsup.org)

## **National Institutes of Health** (of the US Dept of Health and Human Services)

[www.nih.gov](http://www.nih.gov)

## **National Kidney Foundation of Michigan**

[www.nkfm.org](http://www.nkfm.org)

## **US Dept of Health and Human Services**

[www.hhs.gov/](http://www.hhs.gov/)

## **Alcoholics Anonymous**

[www.aa.org](http://www.aa.org)

## **Other Wellness Related Links**

### **Alcoholism or Alcohol Abuse**

National Interactive Screening Project. Call for a free anonymous Alcohol Screening toll free 1-800-887-5676, or go online at [www.mentalhealthscreening.org/screening](http://www.mentalhealthscreening.org/screening). Keyword is "espmi".

State of Michigan, Employee Service Program, toll free 1-800-521-1377

### **Depression Screening**

National Interactive Screening Project. Call for a free anonymous Depression Screening toll free 1-800-887-5676, or go online at [www.mentalhealthscreening.org/screening](http://www.mentalhealthscreening.org/screening). Keyword is "espmi".

State of Michigan, Employee Service Program, toll free 1-800-521-1377

### **Anxiety Screening**

For a free anonymous Anxiety Screening go online at: [www.mentalhealthscreening.org/screening](http://www.mentalhealthscreening.org/screening). Keyword is "espmi".

State of Michigan, Employee Service Program, toll free 1-800-521-1377

### **Eating Disorders Screening**

For a free anonymous Screening go online at: [www.mentalhealthscreening.org/screening](http://www.mentalhealthscreening.org/screening). Keyword is "espmi".

State of Michigan, Employee Service Program, toll free 1-800-521-1377

## **Michigan Coalition Against Domestic & Sexual Violence**

3893 Okemos Road, Ste B2

Okemos MI 48864

ph: 517 347-7000

fax: 517 347-1377

National Hotline: 1 800 799-SAFE

[www.ncadv.org](http://www.ncadv.org)

## Recreation

**Michigan's 97 State Parks** offer a variety of opportunities for physical activity, including canoeing, hiking, bicycling, swimming, water skiing and snow skiing.

[www.michigan.gov/dnr/0,1607,7-153-10365---,00.html](http://www.michigan.gov/dnr/0,1607,7-153-10365---,00.html)

### **North Country Trail information**

[www.northcountrytrail.org/](http://www.northcountrytrail.org/)

### **Great Lakes Sports Publications**

[www.glsp.com](http://www.glsp.com)

### **Michigan Run Calendar**

[www.runmichigan.com/eventcalendar/list/](http://www.runmichigan.com/eventcalendar/list/)

### **Michigan bicycle club info:**

[www.lmb.org/](http://www.lmb.org/)

[www.mmba.org/](http://www.mmba.org/)

### **Michigan Walking club and events info:**

[www.ava.org](http://www.ava.org)

**Want to start something in your area? Try these websites.**

### **Promoting Active Communities**

[www.mihealthtools.org/communities/Default.asp?tab=Resources](http://www.mihealthtools.org/communities/Default.asp?tab=Resources)

### **America On the Move**

[www.americaonthemove.org](http://www.americaonthemove.org)

### **America Walks**

[www.americawalks.org](http://www.americawalks.org)