

Allegan County Resources

Allegan County Health Department

Service Building
3255 122nd Ave., Suite 200
Allegan, MI 49010
Phone: (269) 673-5411
Fax: (269) 673-4172
www.allegancounty.org

MSU Cooperative Extension

Allegan County [Extension](#)
County Building Annex
108 Chestnut Street
Allegan, MI 49010-1349
Phone: (269) 673-0370
Fax: (269) 673-7005

Michigan Diabetes Outreach Network

(616) 735-1118 or (800) 472-3175
www.diabetesinmichigan.org/HomeTENDON.htm

Allegan General Hospital

Diabetes Education by a registered dietitian.
(269) 686-4088

Holland Community Hospital

602 Michigan Avenue, Holland, MI 49423
Phone: (616) 392-5141
Fax: (616) 394-3572
<http://myhealth.hollandhospital.org/HealthyLiving/healthyliving.htm>

Organization & Association web links

American Cancer Society

1 800 227-2345
www.cancer.org

American Heart Association

1 800 242-8721
www.americanheart.org

American Lung Association

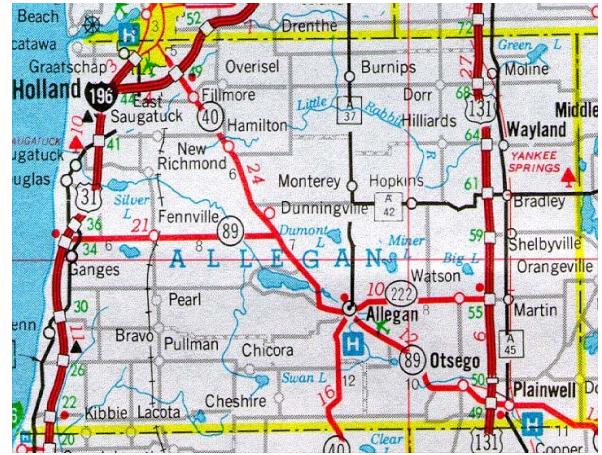
www.alam.org
For local resources call: 1-800-LUNG-USA. For lung health questions call: 1-800-548-8252

American Diabetes Association

1 800 232-3472
www.diabetes.org

American Dietetic Association

1 800 366-1655
www.eatright.org



Centers for Disease Control

www.cdc.gov

Michigan Steps Up

www.michiganstepsup.org

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

www.nih.gov

National Kidney Foundation of Michigan

www.nkfm.org

US Dept of Health and Human Services

www.hhs.gov/

Alcoholics Anonymous

www.aa.org

Other Wellness Related Links

Alcoholism or Alcohol Abuse

National Interactive Screening Project. Call for an anonymous Alcohol Screening toll free 1-800-887-5676, or go online at www.mentalhealthscreening.org/screening.

Keyword is "espmi".

Depression Screening

National Interactive Screening Project. Call for an anonymous Depression Screening toll free 1-800-887-5676, or go online at www.mentalhealthscreening.org/screening.

Keyword is "espmi".

Anxiety Screening

For a free anonymous Anxiety Screening go online at: www.mentalhealthscreening.org/screening.

Keyword is "espmi".

Eating Disorders Screening

For a free anonymous Screening go online at: 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

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

North Country Trail information

www.northcountrytrail.org

Allegan county parks information

www.allegancounty.org/Parks/

Great Lakes Sports Publications

www.glsp.com

Michigan Run Calendar

www.runmichigan.com/eventcalendar/list/

Michigan bicycle club info:

www.lmb.org/

www.mmba.org/

Michigan Walking club and events info:

www.ava.org

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

Promoting Active Communities

www.mihealthtools.org/communities/Default.asp?tab=Resources

America On the Move

www.americaonthemove.org

America Walks

www.americawalks.org