

Alpena County Resources

District Health Department #4

Alpena County
100 Woods Circle, Suite 200
Alpena, MI 49707
Phone: (989) 356-4507
Fax: (989) 356-9080

Northwest Michigan Community Health Agency

Health Promotion Division
www.nwhealth.org

Michigan State University

[Cooperative Extension](#)

Alpena County Fairgrounds
603 S. 11th Avenue
Phone: (989) 354-9870
Fax: (989) 354-9898

Alpena Regional Medical Center

www.alpenaregionalmedicalcenter.org/index.php

Michigan Diabetes Outreach Network

www.diabetesinmichigan.org

Obtain diabetes control information.

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 at 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 at 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

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