

Arenac County Resources

Arenac County Health Department

3727 Deep River Rd.
Standish, MI 48658
Phone: (989)846-6541
Fax: (989)846-0431
www.cmdhd.org/

MSU Cooperative Extension

Arenac [County Extension](#)
County Building
PO Box 745
Standish, MI 48658-0745
Phone: (989)846-4111
Fax: (989)846-9651

Michigan Diabetes Outreach Network

www.diabetesinmichigan.org

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

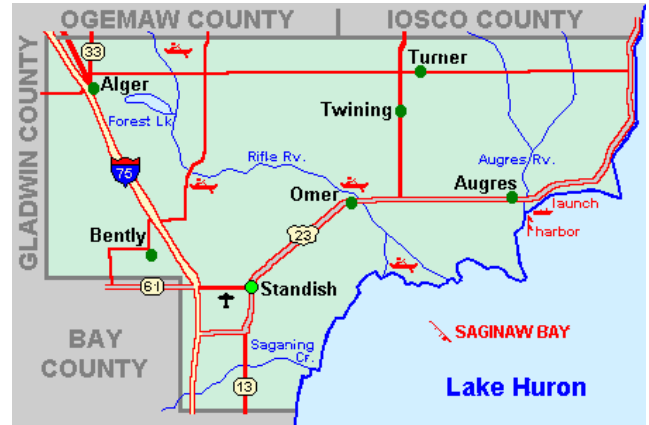
www.cdc.gov

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 a free anonymous Alcohol Screening toll free 1-800-887-5676, or go online www.mentalhealthscreening.org/screening.
Keyword is "espmi".

Anxiety Screening

For a free anonymous screening go online www.mentalhealthscreening.org/screening.
Keyword is "espmi".

Depression Screening

Call for a free anonymous screening toll free 1-800-887-5676, or go online www.mentalhealthscreening.org/screening.
Keyword is "espmi".

Eating Disorders Screening

For a free anonymous screening go online 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