

Baraga County Resources

Western UP District Health Department

Baraga County

303 Baraga Ave.

L'Anse, MI 49946

Phone: (906) 524-6142

Fax: (906) 524-6144

www.westernuphealth.org/

MSU Cooperative Extension

Baraga County

Baraga County Extension

Courthouse Annex

L'Anse 49946-1002

(906) 524-6300

Michigan Diabetes Outreach Network

www.diabetesinmichigan.org

Obtain diabetes control information.

Get Moving UP: Healthy Living in Michigan's Upper Peninsula

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.

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

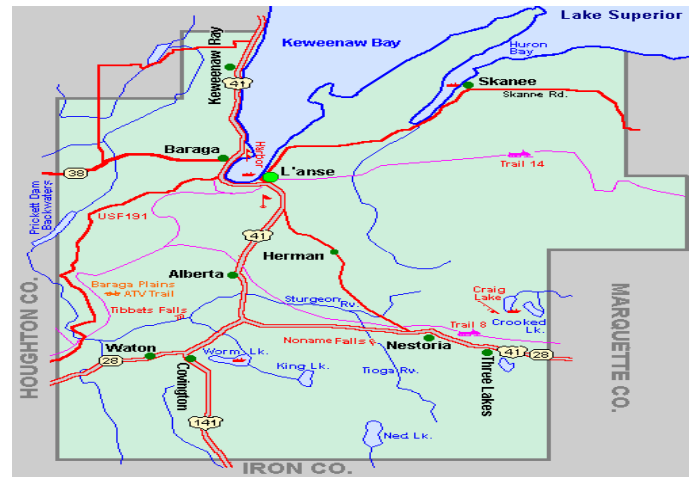
American Dietetic Association

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 at www.mentalhealthscreening.org/screening. Keyword is "espmi".

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. 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