

# Bay County Resources

## County Health Department

Bay County Health Dept.  
1200 Washington Ave.  
Bay City, MI 48708  
Phone: (989) 895-4009  
Health Info Line (989) 895-4192  
[www.co.bay.mi.us](http://www.co.bay.mi.us)

## MSU Cooperative Extension

Bay County Extension  
515 Center Avenue  
Bay City, MI 48708-5124  
Phone: (989) 895-4026  
Fax: (989) 895-4217  
[www.msue.msu.edu/msue/ctyentpg/bay.html](http://www.msue.msu.edu/msue/ctyentpg/bay.html)

## Bay Regional Medical Center

[www.bayregional.org/](http://www.bayregional.org/)  
Call (989) 894-3936 for information about  
community education classes or screenings.



## Health & Wellness 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 [www.mentalhealthscreening.org/screening](http://www.mentalhealthscreening.org/screening).  
Keyword is "espmi".

### **Anxiety Screening**

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

### **Eating Disorders Screening**

For a free anonymous screening go online [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.qlsp.com](http://www.qlsp.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)

**YMCA**

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

111 N. Madison Avenue

Bay City, MI 48708

(989) 895-8596

**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)