

Benzie County Resources

Benzie-Leelanau District Health Department

6051 Frankfort Highway, Suite 100
Benzonia, MI 49617
Phone: 231-882-4409
Fax: 231-882-2204
www.bldhd.org

Northwest Michigan Community Health Agency

Health Promotion Division
www.nwhealth.org

MSU Cooperative Extension

[Benzie County](http://www.benziecounty.org)
Government Center
Beulah 49617-0349
(231) 882-0025

Crystal Resources Wellness Centers

3157 Indian Hill Rd
Honor, MI
(231) 325-2888

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
District 11 Central Office
124 N. Division St.
Traverse City, Michigan 49684
(231) 946-8823

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