

Branch County Resources

Branch-Hillsdale-St. Joseph Community Health Agency

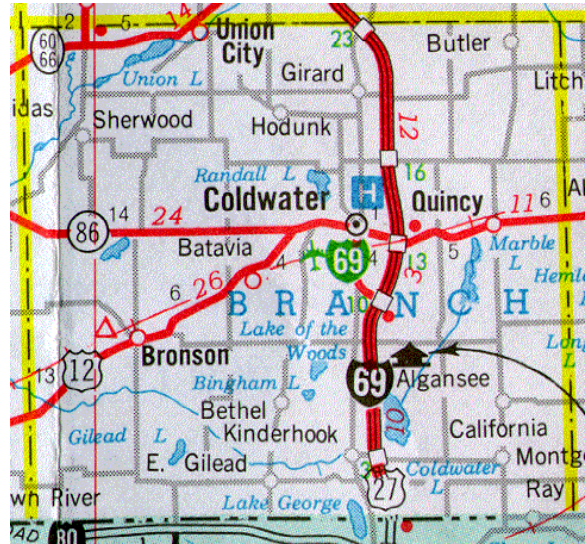
Human Services Building
570 Marshall Road
Coldwater, MI 49036
Phone: (517) 279-9561
Fax: (517) 278-2923
www.bhsj.org

MSU Cooperative Extension

[Branch County](#) Extension
Courthouse Annex
23 E. Pearl Street
Coldwater, MI 49036-1990
Phone: (517) 279-4311
Fax: (517) 278-5064

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
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

Lower Michigan North Country Trail information

www.northcountrytrail.org

Great Lakes Sports Publications

www.qlsp.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

www.kvwalkers.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