

# Clare County Resources

## Clare County Health Department

225 W. Main St.  
Harrison, MI 48625  
Phone: (989) 539-6732/3014  
Fax: (989) 539-4449  
[www.cmdhd.org/](http://www.cmdhd.org/)

## MSU Cooperative Extension

[Clare County](#) Extension  
County Building  
PO Box 439  
Harrison, MI 48625-0439  
Phone: (989) 539-7805  
Fax: (989) 539-2791

## Michigan Diabetes Outreach Network

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

## Mid-Michigan Health

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

## 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

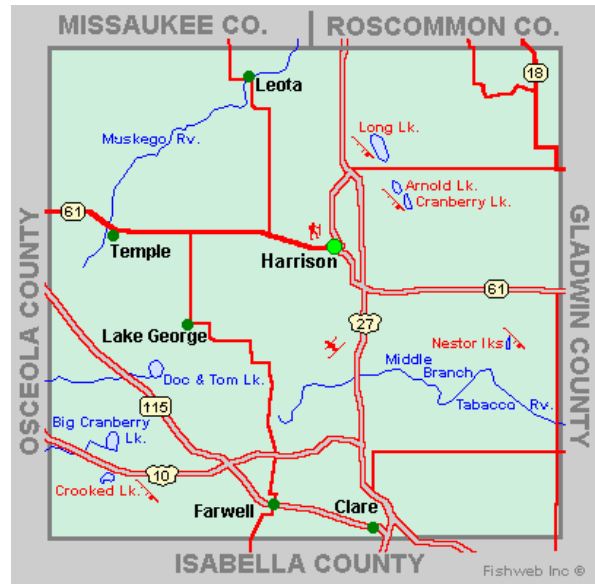
American Diabetes Association  
1 800 232-3472  
[www.diabetes.org](http://www.diabetes.org)

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  
[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".

### Depression Screening

National Interactive Screening Project. Call for a free anonymous Depression 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".

### 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)

**Mid-Michigan Community College**

[www.midmich.cc.mi.us/](http://www.midmich.cc.mi.us/)

**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)