

Grand Traverse County Resources

Grand Traverse Health Department

www.co.grand-traverse.mi.us/departments/health.htm

2325 Garfield Rd. North
Traverse City, MI 49686
Phone: (231) 922-4831
Fax: (231) 922-2719

Northwest Michigan Community Health

www.nwhealth.org

MSU Cooperative Extension

[Grand Traverse County](http://www.grandtraversecounty.org)

520 West Front Street, Suite A
Traverse City 49684-2208
(231) 922-4620

Munson Health Care

Health education calendar of events

www.munsonhealthcare.org/cgi-bin/WebObjects/mhc.woa/wa/PatientEdDA/MonthsListing

Munson Medical Center

For more information regarding health education offerings:

(231) 935-5000

www.MunsonHealthCare.org

Crystal Resources Wellness Centers

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

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

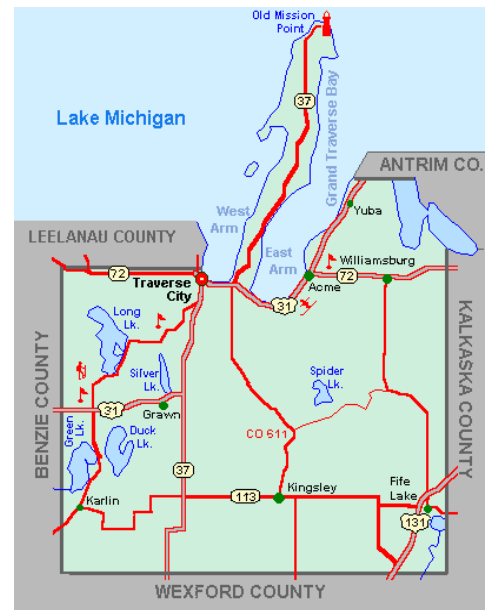
For local resources call: 1-800-LUNG-USA

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

Traverse City Alcoholics Anonymous, District 11 Central Office
124 N. Division St.
Traverse City, Michigan 49684
(231) 946-8823 (24 hour hotline)
www.district11-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. 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. Keyword is "espmi".

Anxiety Screening

For a free anonymous screening go online www.mentalhealthscreening.org/screening. Keyword is "espmi".

Eating Disorders Screening

For a free anonymous screening go online 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

Grand Traverse County Parks and Recreation information:

www.grandtraverse.org/ (click "Departments", then "Parks and Recreation")
(231) 922-4818

YMCA Traverse City

(231) 933-9622
www.gtbayymca.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