

Ingham Co. Health Resource List

Healthy Lifestyle:

Community Partners in Health

www.cphlansing.com

alicia@playmakers.com

Michigan Athletic Club

www.themac.org

(517) 364-8888

Court One Athletic Club

www.courtone.com

East (517) 349-1199

North (517) 372-9531

YMCA of Lansing

www.ymcaoflansing.org

(517) 827-9640 (downtown)

(517) 827-9670 (westside)

(517) 827-9700 (Oak Park)

(517) 827-9680 (Parkwood)

Powerhouse Gyms

www.powerhousegym.com/

DeWitt (517) 669-7121

E. Lansing (517) 827-4653

Fitness USA

www.fitnessusa.com

W. Saginaw Hwy (517) 323-7700

Frاندor Mall (517) 351-0200

Go Work Out

www.goworkout.com/

(517) 321-3111

University Club

www.universityclubofmsu.org/

(517) 353-5111

Bicycling

Tri-County Bicycle Association

www.biketcba.org/

(517) 882-3700

Walking and Hiking

Lansing River Trail Information

(517) 483-4277



Lansing Mall
(517) 321-3534

Lansing Parks and Recreation
(517) 483-4277

Also contact your township offices and community education departments for programs.

- Call your township and school community education offices for program availability
- “Fruits & Veggies More Matters” www.fruitsandveggiesmorematters.org/

Hospice

- Hospice House of Mid-MI (517) 364-7200
- Ingham Visiting Nurse and Hospice (517) 367-5900
- Hospice of Lansing (517) 882-4500

Ingham County Health Department (517) 887-4302
www.ingham.org/

- Health Promotion (517) 887- 4315

Ingham Regional Medical Center (517) 975-6000
www.irmc.org

- Community Health Education Programs
www.irmc.org/body.cfm?id=10
(517) 975-6600

Sparrow Hospital (517) 364-1000 or toll free: 1-800-SPARROW
www.sparrow.org or www.SparrowHealth.net

- Health and Wellness Resource Center (517) 364-8140

Other Health Related Programs or 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”.
- Alcoholics Anonymous (AA) – toll free 1-800-316-2748 or (517) 377-1444.
Check online for a location in your area: www.aa.org
- State of Michigan Employee Service Program (ESP)
toll free 1-800-521-1377 or (517) 373-7630
- Check your insurance carrier for their programs and coverage.
Use your insurance website and/or the phone number on the back of your insurance card.

American Cancer Society

www.cancer.org/
(517) 332-3300 or toll free 1-800-ACS-2345

Other Cancer Information Resources:

- Breslin Cancer Center (517) 975-9500
- Cancer Information Service toll free 1-800-4-CANCER

- Sparrow Regional Cancer Center (517) 364-2890
- Stop Smoking Program: www.smokefree.gov

American Heart Association

www.americanheart.org

(517) 349-3102 or toll free 1-800-AHA-USA1

Anxiety Screening

- For a free anonymous Anxiety Screening go online at www.mentalhealthscreening.org/screening. Keyword is "espmi".
- State of Michigan, Employee Service Program, toll free 1-800-521-1377

Asthma/Allergy Foundation of America/MI

- 1 888 444-0333 toll free

Centers for Disease Control

www.cdc.gov

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".
- State of Michigan, Employee Service Program, toll free 1-800-521-1377
- Check your insurance carrier for their programs and coverage. Use your insurance website and/or the phone number on the back of your insurance card.

Diabetes Association

- American Diabetes Association
www.diabetes.org
1 800 232-3472

Dietetic Association

- American Dietetic Association
www.eatright.org
1 800 366-1655

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

Michigan Steps Up

www.michiganstepsup.org

National Institutes of Health

www.nih.gov

National Kidney Foundation of Michigan

www.nkfm.org

Tobacco Cessation

- American Lung Association
www.alam.org
1-800-548-8252 toll free
- “Freedom from Smoking” 24- hour FREE smoking cessation support program: www.ffsonline.org
- Cancer Information Service: www.smokefree.gov
- QUIT KIT at www.michigan.gov/documents/mdch/Michigan_Smokers_Quit_Kit_240738_7.pdf
- Check your insurance carrier for their programs and coverage. Use your insurance website and/or the phone number on the back of your insurance card.
- Call your local health department, or school community education for program availability

US Dept of Health and Human Services

www.hhs.gov/

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

Hawk Island Park

www.ingham.org/PK/Hi/himain.htm

Lansing Community College

Learning for Life

<http://www.lcc.edu/ece/learning4life/>

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