

Kent County Resources

Kent County Health Department

700 Fuller Ave., NE
Grand Rapids, MI 49503-1996
(616) 632-7100
Fax: (616) 632-7083

www.accesskent.com/Health/HealthDepartment/

MSU Cooperative Extension

Kent [County Extension](#)
(616) 336-3265

Michigan Diabetes Outreach Network

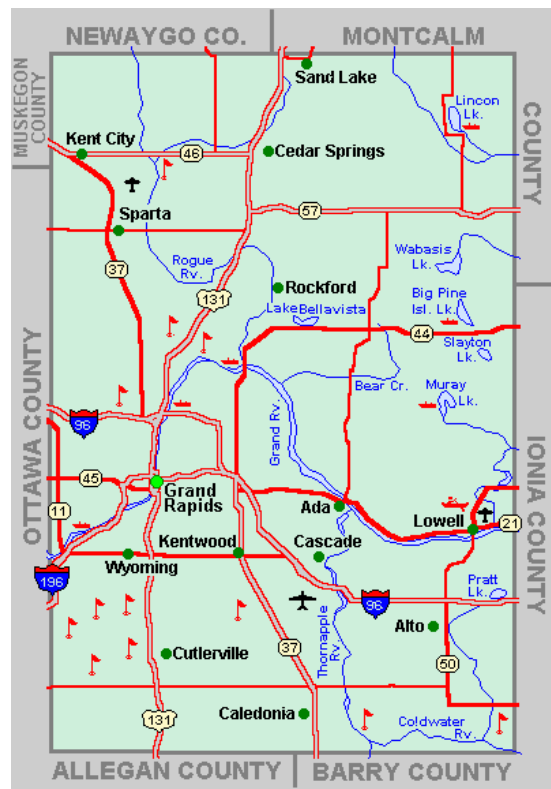
www.diabetesinmichigan.org

Spectrum Health Hospitals

(866) 989-7999
www.spectrum-health.org/

Michigan Athletic Club

2500 Burton Street S.E.
Grand Rapids, MI 49546
(616) 956-0944
www.michiganathleticclub.com



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 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

Kent county parks information

www.accesskent.com/CultureLeisureAndTransit/Parks/parks_index.htm

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

Cornerstone College

www.cornerstone.edu

YMCA of Greater Grand Rapids

www.grymca.org

475 Lake Michigan Drive NW
Grand Rapids, Michigan 49504
(616) 855-9622

Ionia County YMCA Branch

250 E. Tuttle St., Ionia
616-527-5760

Lowell YMCA Branch

1335 West Main St., Lowell
616-897-8445

Southeast YMCA Branch

730 Forest Hill SE, Grand Rapids
616-285-9077

Visser Family YMCA Branch

3540 Fairlanes SW, Grandville
616-530-9199

Wolverine World Wide Family YMCA Branch

6555 Jupiter Ave, Belmont
616-363-3000

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