

Lenawee County Resources

Herrick Memorial Hospital, Tecumseh

www.promedica.org/default.aspx?PageID=656
(517) 424-3000

Fitness Connection

Tecumseh Community Center
703 E Chicago Blvd
Tecumseh, MI 49286-9674
(517) 424-3399

This fitness center is associated with Herrick Memorial Hospital. Trained staff can assist in personal training.

Bixby Medical Center

818 Riverside Ave.
Adrian, MI. 49221
(517) 265-0900

Tecumseh Public Schools

www.tps.k12.mi.us/web/
(517) 423-5634

A general website for Lenawee County

www.multimag.com/county/mi/lenawee

For diabetic resources in your area:

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 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

YMCA of Lenawee County, Adrian

(517) 263-2151

www.ymcaoflenawee.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