

Oakland County Resources

Beaumont Hospital
Grosse Pointe, Royal Oak and Troy
www.beaumont-hospitals.com

Providence Hospital, Southfield
www.stjohn.org/Providence/
1 866 501-DOCS

Crittenden Hospital, Rochester
www.crittendon.com/
Community education classes on health and wellness. Support groups also available.
<http://www.crittendon.com/classes/>
(248) 652-5269

Botsford Health Continuum, Farmington Hills
www.botsfordsystem.org
(248) 471-8000

A variety of classes and support groups are offered. Also find health information online.

Governor's Council on Physical Fitness
www.michiganfitness.org
Promotes healthier living

Websites for County information
www.co.oakland.mi.us
www.oaklandweb.com

Organization & Association web links

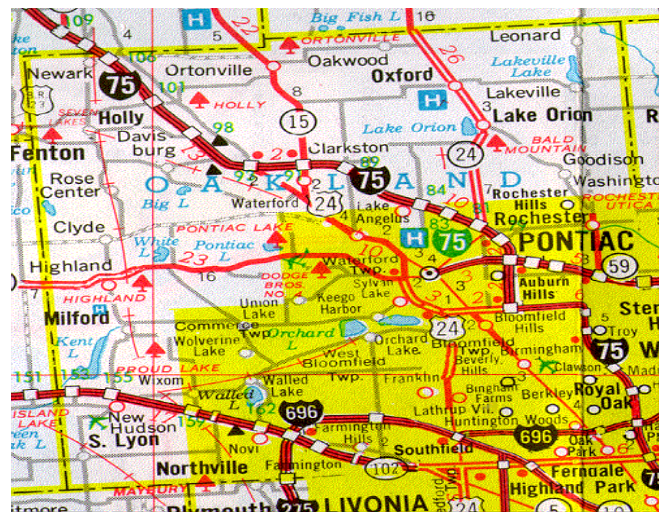
American Cancer Society
1 800 227-2345
www.cancer.org

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
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

Addison Oaks County Park information

Leonard, MI. "Scenic park with two lakes. Swimming, boating, picnicking, fishing, ice fishing, ice skating, hiking, mountain bike trails." "Six miles of marked nature trails, including ungroomed cross-country ski trails": <http://travel.michigan.org/detail.asp?m=4&p=G15881>

Oakland county parks information

www.co.oakland.mi.us

Click "Parks and Recreation"

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

Oakland University - Rochester

www4.oakland.edu/

YMCA Metropolitan Detroit

www.ymcadetroit.org/

1401 Broadway, Suite 3A

Detroit, Michigan 48226

(313) 267-5300

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