

# Ontonagon County Resources

## Western Upper Peninsula District Health Department

[www.westernuphealth.org/](http://www.westernuphealth.org/)

Community Health

(906) 482-7382, Ext. 116

## MSU Cooperative Extension

[Ontonagon County Extension](http://OntonagonCountyExtension.org)

Courthouse, Ontonagon 49953

(906) 884-4386

## Aspirus Ontonagon Hospital

[www.aspirus-ontonagon.org/](http://www.aspirus-ontonagon.org/)

Diabetes Education

(906) 884-8131

## Ontonagon County Information

[www.ontonagonmi.org/community.html](http://www.ontonagonmi.org/community.html)

## Get Moving UP

[www.fitup.org](http://www.fitup.org)

A “region-wide initiative to prevent obesity and improve health by increasing lifestyle physical activity”.

## Organization & Association web links

American Cancer Society

1 800 227-2345

[www.cancer.org](http://www.cancer.org)

American Heart Association

1 800 242-8721

[www.americanheart.org](http://www.americanheart.org)

American Lung Association

[www.alam.org](http://www.alam.org)

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

For lung health questions call: 1-800-548-8252

American Diabetes Association

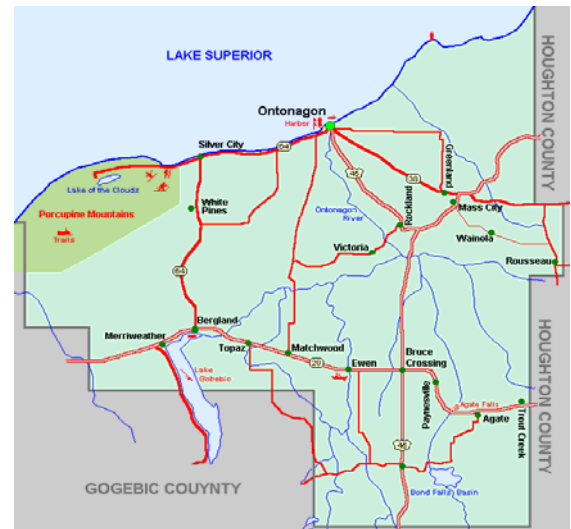
1 800 232-3472

[www.diabetes.org](http://www.diabetes.org)

American Dietetic Association

1 800 366-1655

[www.eatright.org](http://www.eatright.org)



Centers for Disease Control  
[www.cdc.gov](http://www.cdc.gov)

Michigan Steps Up  
[www.michiganstepsup.org](http://www.michiganstepsup.org)

National Institutes of Health  
[www.nih.gov](http://www.nih.gov)

National Kidney Foundation of Michigan  
[www.nkfm.org](http://www.nkfm.org)

US Dept of Health and Human Services  
[www.hhs.gov/](http://www.hhs.gov/)

Alcoholics Anonymous  
[www.aa.org](http://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](http://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](http://www.mentalhealthscreening.org/screening). Keyword is "espmi".

### Anxiety Screening

For a free anonymous screening go online [www.mentalhealthscreening.org/screening](http://www.mentalhealthscreening.org/screening). Keyword is "espmi".

### Eating Disorders Screening

For a free anonymous screening go online [www.mentalhealthscreening.org/screening](http://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](http://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](http://www.michigan.gov/dnr/0,1607,7-153-10365---,00.html)

**North Country Trail information**

[www.northcountrytrail.org](http://www.northcountrytrail.org)

**Great Lakes Sports Publications**

[www.glsp.com](http://www.glsp.com)

**Michigan Run Calendar**

[www.runmichigan.com/eventcalendar/list/](http://www.runmichigan.com/eventcalendar/list/)

**Michigan bicycle club info**

[www.lmb.org/](http://www.lmb.org/)

[www.mmba.org/](http://www.mmba.org/)

**Michigan Walking club and events info**

[www.ava.org](http://www.ava.org)

**Want to start something in your area? Try these websites.**

**Promoting Active Communities**

[www.mihealthtools.org/communities/Default.asp?tab=Resources](http://www.mihealthtools.org/communities/Default.asp?tab=Resources)

**America On the Move**

[www.americaonthemove.org](http://www.americaonthemove.org)

**America Walks**

[www.americawalks.org](http://www.americawalks.org)