

Ottawa County Resources

Ottawa County Health Department

www.miottawa.org/HealthComm/Health/

12251 James Street
Holland, MI 49424
Phone: 616-396-5266
Fax: 616-393-5643

MSU Cooperative Extension

[Ottawa County Extension](#)

12220 Fillmore Street, Suite 122
West Olive, Michigan 49460
Phone: 616-994-4580
Fax: 616-994-4579

Holland Community Hospital

602 Michigan Avenue, Holland, MI 49423
Phone: (616) 392-5141

myhealth.hollandhospital.org/HealthyLiving/healthyliving.htm

North Ottawa Community Health System

1309 Sheldon Rd.
Grand Haven, MI 49417
(616) 842-3600
www.noch.org

Zeeland Community Hospital

8333 Felch Street
Zeeland, MI 49464
Phone: (616) 772-4644
www.zch.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 1-800-521-137

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

Ottawa county parks information

www.miottawa.org

Click "Parks"

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

www.kvwalkers.org/

Grand Valley State University - Allendale

www.gvsu.edu/index.cfm

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