

Tuscola County Resources

Tuscola County Health Department

1309 Cleaver Rd., Suite B
Caro, MI 48723-9135
Phone: (989) 673-8114
Fax: (989) 673-7490
www.tchd.us

MSU Cooperative Extension

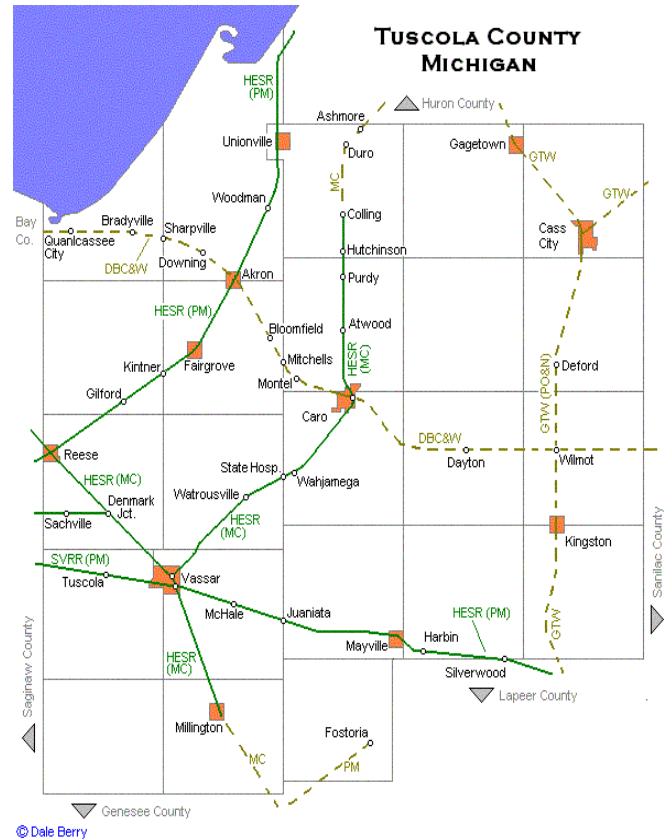
[Tuscola County Extension](#)
362 Green Street
Caro, MI 48723-1998
Phone: (989) 672-3870
Fax: (989) 673-5953

Caro Community Hospital

401 North Hooper, P.O. Box 435
Caro, Michigan 48723
Phone: (989) 673-3141
www.carocommunityhospital.com/

Hills & Dales General Hospital

4675 Hill Street
Cass City, MI 48726
Phone: (989) 872-2121



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

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