

Washtenaw County Resources

University of Michigan Health System, Ann Arbor
www.med.umich.edu

Michigan Heart and Vascular Institute
www.stjoeshealth.org/body.cfm?id=849
(734) 712-5205

St. Joseph Mercy Health Line
www.stjoeshealth.org
1-800-231-2211

Fitness Center
<http://hr.umich.edu/mhealthy/programs/activity/icecube.html>
Fitness Center at the Ice Cube
(734) 998-8700

MFit exercise classes
www.mhealthy.umich.edu/exercise
Offers classes in aerobics, yoga and more.

MFIT Community Nutrition
<http://hr.umich.edu/mhealthy/programs/nutrition/index.html>

Chelsea Community Hospital
www.cch.org/
775 S. Main St., Chelsea
Community Health
(734) 475-4103

Saint Joseph Mercy Health System
Healthy Lifestyle Education Classes
www.stjoeshealth.org/classes

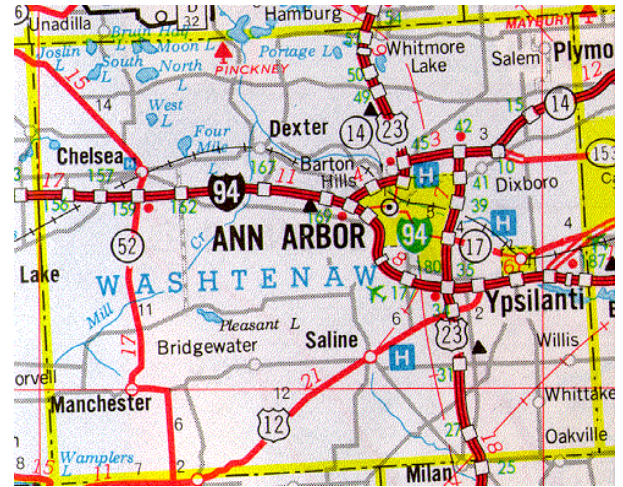
Michigan Heart and Vascular Institute
www.stjoeshealth.org/body.cfm?id=849
(734) 712-8000

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

Washtenaw Parks & Recreation Commission

www.ewashtenaw.org/government/departments/parks_recreation/

(734) 971-6337

Michigan Run Calendar

www.runmichigan.com/eventcalendar/list/

Michigan bicycle club info

www.lmb.org/

Michigan Walking club and events info

www.ava.org

University Of Michigan

www.umich.edu/

U of M Health System online library

www.med.umich.edu/1libr/1libr.htm

Health information on a range of topics A to Z

YMCA Ann Arbor

<http://annarborymca.org/>

(734) 996-9622

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