

Wayne County Resources

Detroit Medical Center

www.dmc.org

Henry Ford Health System

www.henryfordhealth.org

Health Alliance Plan

Mall Walking Guide

www.hap.org/gfx/content/mall_walking.pdf

Saint John's Hospital

www.stjohn.org

Saint Mary Mercy Hospital

www.stmarymercy.org

800-231-2211

Henry Ford Community College

www.henryford.cc.mi.us

Center for Life Long Learning

Dearborn Heights

(313) 317-1500

Wayne County

www.waynecounty.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 at 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 at www.mentalhealthscreening.org/screening. Keyword is "espmi".

Anxiety Screening

For a free anonymous Anxiety Screening go online at: www.mentalhealthscreening.org/screening. Keyword is "espmi".

Eating Disorders Screening

For a free anonymous Screening go online at: 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.glsps.com

Wayne County Information

www.waynecounty.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

Wayne State University

www.wayne.edu/

Recreation and Fitness Center information

www.rfc.wayne.edu/

YMCA Metropolitan Detroit

www.ymcadetroit.org

1401 Broadway, Suite 3A

Detroit, MI 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