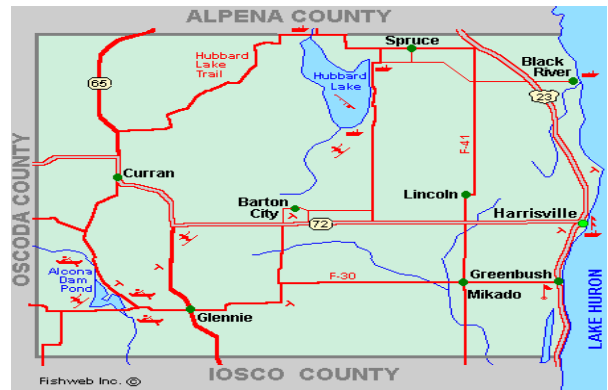


Alcona County Resources

District Health Department #2

Alcona County
Courthouse Annex
311 Lake St., P.O. Box 218
Harrisville, MI 48740
Phone: (989) 724-6757



Northwest Michigan Community Health Agency

Health Promotion Division
www.nwhealth.org

MSU Cooperative Extension

[Alcona County](http://www.alconacounty.org)
Alcona County Extension
320 S. State
Harrisville 48740-0800
(989) 724-6478

Get Moving UP: Good Health Campaign

www.fitup.org

A "region-wide initiative to prevent obesity and improve health by increasing lifestyle physical activity". The program promotes use of pedometers and tracking ones steps & progress.

Walk of Like Program

<http://walking.about.com/library/day/bldaybyday.htm>

Step by step guidance on walking for fitness

Michigan Diabetes Outreach Network

www.diabetesinmichigan.org/HomeTIPDON.htm

Find information, diabetes support group listings, and links to other health-related websites. Inquire about free diabetes clinics by calling 1-800-847-3665.

Wellness Council of the Upper Peninsula

WELCUP is a non-profit organization committed to devoting resources to the promotion of wellness in Upper Peninsula and Northeastern Wisconsin worksites.

www.fitup.org/WCHome.html

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 (of the US Dept of Health and Human Services)

www.nih.gov

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".

State of Michigan, Employee Service Program, toll free 1-800-521-1377

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".

State of Michigan, Employee Service Program, toll free 1-800-521-1377

Anxiety Screening

For a free anonymous Anxiety Screening go online

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

State of Michigan, Employee Service Program, toll free 1-800-521-1377

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/trail.php

Great Lakes Sports Publications

www.glsp.com

Michigan Run Calendar

www.runmichigan.com/eventcalendar/list/

Michigan bicycle club info:

www.lmb.org/pages/Resources/biking_in_MI/clubs.htm

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