

# Alger County Resources

## LMAS District Health Department

### Alger County

E9526 Prospect St.

Munising, MI 49862

Phone: (906) 387-2297

Fax: (906) 8387-2224

## MSU Cooperative Extension

### [Alger County](#)

Alger County Extension

101 Court Street

Munising 49862-1103

(906) 387-2530

## Michigan Diabetes Outreach Network

Alger County

Sault Tribe of Chippewa Indians

(906) 387-4614 for diabetes education

[www.diabetesinmichigan.org/HomeUPDON.htm](http://www.diabetesinmichigan.org/HomeUPDON.htm)

## Get Moving UP: Step To Good Health Campaign

[www.fitup.org](http://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

## 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.

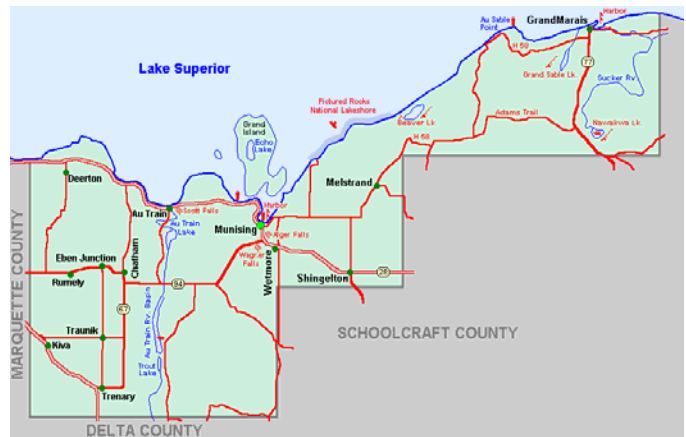
[www.fitup.org/WCHome.html](http://www.fitup.org/WCHome.html)

## Organization & Association web links

### American Cancer Society

1 800 227-2345

[www.cancer.org](http://www.cancer.org)



**American Heart Association**

1 800 242-8721

[www.americanheart.org](http://www.americanheart.org)

**American Lung Association**

[www.alam.org](http://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](http://www.diabetes.org)

**American Dietetic Association**

1 800 366-1655

[www.eatright.org](http://www.eatright.org)

**Centers for Disease Control**

[www.cdc.gov](http://www.cdc.gov)

**Michigan Steps Up**

[www.michiganstepsup.org](http://www.michiganstepsup.org)

**National Institutes of Health (of the US Dept of Health and Human Services)**

[www.nih.gov](http://www.nih.gov)

**US Dept of Health and Human Services**

[www.hhs.gov/](http://www.hhs.gov/)

**Alcoholics Anonymous**

[www.aa.org](http://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](http://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](http://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](http://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](http://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](http://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](http://www.michigan.gov/dnr/0,1607,7-153-10365---,00.html)

## **North Country Trail information**

[www.northcountrytrail.org](http://www.northcountrytrail.org)

## **Great Lakes Sports Publications**

[www.glsp.com](http://www.glsp.com)

## **Michigan Run Calendar**

[www.runmichigan.com/eventcalendar/list/](http://www.runmichigan.com/eventcalendar/list/)

## **Michigan bicycle club info:**

[www.lmb.org/pages/Resources/biking\\_in\\_MI/clubs.htm](http://www.lmb.org/pages/Resources/biking_in_MI/clubs.htm)

[www.mmba.org/](http://www.mmba.org/)

## **Michigan Walking club and events info:**

[www.ava.org](http://www.ava.org)

**Want to start something in your area? Try these websites.**

**Promoting Active Communities**

[www.mihealthtools.org/communities/Default.asp?tab=Resources](http://www.mihealthtools.org/communities/Default.asp?tab=Resources)

**America On the Move**

[www.americaonthemove.org](http://www.americaonthemove.org)

**America Walks**

[www.americawalks.org](http://www.americawalks.org)